



Emotional Loading

What is emotional loading?

Emotional loading is when we top ourselves up emotionally to manage any person, place or thing that leaves us feeling wobbly.

Just as a marathon runner loads with protein and carbohydrates before an event to ensure they have the stamina to finish, we do the same at an emotional level to ensure we can sustain our emotional and physical balance.

Why do emotional loading?

Emotional loading is essential if we want to:

- Manage ourselves in a healthy way in situations or with people who trigger us
- Reduce the impact of an emotional hangover.

How to emotionally load

Take as much time as you need to respond to any situation. **Remember you are finding ways to live life on your terms.**

The day or week before an event:

1. With honesty, ask: Do I want to go?
2. If yes, decide what your motive is for going.
3. Decide how long you can safely stay in this environment.
4. Take your own transport for personal freedom.
5. Have an exit strategy, which includes:
 - a. Time of departure
 - b. Departure conversation (e.g. I am leaving now, thank you. I've enjoyed myself FULL STOP. No story or justification is necessary).
6. Have a safe person on alert to call or see afterwards if necessary. Remember, you may need to call them while still at the event, e.g. from the bathroom.

Other Resources

Watch my YouTube video HALT: <https://youtu.be/JtV-tpWy-Ik>