

Written and self-published with love by

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Dedicated to Spencer, I love you

The Emotional Labor Handbook



Made for people
that love deeply
&
For people who
are deeply loved

Resources:

I care about you and I love you.
I hate to see you depressed or
upset. It's scary and frustrating when I don't
know what to do.

Emotional Labor *is* work. And I'm willing to
put in the work for you because you're *worth* it.



Sometimes it's hard to talk about things-- I
get that!

But it's important for the people that care
about you to know how you're feeling and to
what extent.

Maybe you can give them some clues on how
they can help or hint at little things they can
do to make things easier for you.

It's a good idea to stop and check in with
yourself too, whether you feel like you're
spiraling or it's just a regular day. Try to be
present!

*This book is not intended for people who are in a
constant state of crisis.*

24/7/365 Crisis Hotline:

Call: (775) 784-8090

Text: "ANSWER" to 839863

National Suicide Prevention Lifeline:

1-800-273-8255

suicidepreventionlifeline.org

Find a doctor/therapist/psychiatrist near you:

www.zocdoc.com

Wellness Toolbox:

[http://mentalhealthrecovery.com/info-center/wellness-tool-
box/](http://mentalhealthrecovery.com/info-center/wellness-toolbox/)

Emergency Contacts for _____:

Name:

Phone Number:

Relationship:

Name:

Phone Number:

Relationship:

Name:

Phone Number:

Relationship:

Medicine(s) I'm allergic to:

Things I wish I could say when I'm
upset but I can't find the words
or I'm too afraid to ask:

Give me your *undivided* attention, ask me what you can do to help.

Let me feel heard, let me feel loved and cared for.

Be there for me--emotionally, physically, intellectually.

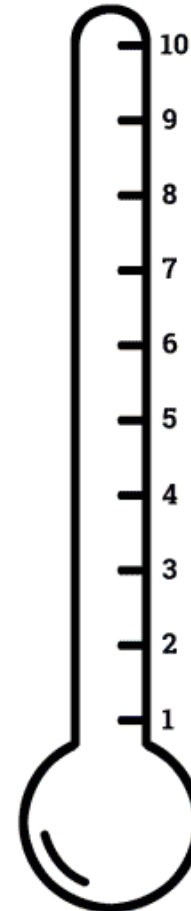
Don't make me feel alone in this, don't make me feel bad about being upset.

I don't need you to *fix* anything, I just need you to be present, empathetic and *with* me.

Don't make *me* do the labor right now, sometimes I need your support too.

Notes:

**On a scale of 1 to 10,
how are you feeling right now?**



High stress:
Changes in behavior and stress reduction are required ASAP!

Moderate level of stress:
Staying in this state for more than 4-8 hours can cause accumulated fatigue and other physical stress symptoms.

Low level of stress:
In a relaxed state.



0. Off the charts, fucking *fantastic*! Why can't I always feel this great? I'm present and open and nothing can get me down!

1. I'm happy and present! I've had a great day and I'm looking forward to what the future brings!

2. I'm feeling cautiously optimistic, I'm at an even keel and I'm not afraid. I'm present and I can easily talk about my feelings.

3. I'm just ok, maybe just some minor stress. I can talk about my feelings and maybe I just need to vent. Lets watch something funny and cook dinner together.

4. I'm a bit blue and feeling down. I need cheering up. Maybe I just need to get out of the house or to focus on something else. Let me take it easy today, maybe I just need some space.

5. Not great! I'm having a hard time connecting. I can talk a little bit about what's bothering me but I mostly want you to be there for me. Maybe it's just cuddles or some reassurances that you're there and you care about me.

Would you like to talk about what's bothering you? I can listen and I can be there with you in the moment, holding that space with you-- Giving you my undivided attention.

Do you need a hug or kisses or cuddles? Maybe a massage? Or can we just lay down and listen to our hearts beat. Do you want me to hold you while you cry, and stroke your hair or your back?

I can just sit with you silently for support. If you need more space, I can sit in another room, and you can find me when you're ready.

I can tell you how much you mean to me, and why I care about you so much. How do I love thee? Let me count the ways!

Can I get you something to drink? Some tea, hot chocolate or nice cold water? Can I make you something to eat? Some comfort food or maybe just some toast?

Do you need me to pick up anything at the pharmacy or the store for you?

Do you want to go for a walk? Let's excersize or stretch together --even if it's just at home or in bed.

Let's get cleaned up, wash your face, take a relaxing bubble bath or a hot shower. Brush those teeth and feel refreshed!

Do you want to get some food from your favorite spot? Or let's cook at home, let's make something delicious together.

Let's look at memes or our favorite kitten instagrams.

Maybe I can read to you, a favorite book or some poetry. maybe we can listen to a podcast, music or ASMR.

Let's watch something light on tv and eat junk food, lets have a fun night in.

Let's make art together, lets be creative and silly and loving towards each other.



“What
can I do
to help?”



“I’m here
for you!”



“Breathe”

6. I’m feeling really low, worse than I’ve felt in a while. I’m having a hard time articulating what’s bothering me. Check in with my mood and how I’m feeling regularly.

7. I’m very depressed and not very emotionally present. Maybe I couldn’t get out of bed this morning. Please make sure I eat & shower. Maybe help me clean up myself or my space. Check in with me regularly and make sure I’m not getting worse.

8. I’m very distressed and have been for the past couple of days. I’m not eating or sleeping right. Please don’t leave me alone right now. I’m getting back into my bad/unhealthy/harmful habits

9. I’m incredibly upset, I’m having an anxiety or panic attack; I need your help to calm me down!

10. I’m hysterical and cannot be calmed down or I’m totally shut down- Call my emergency contact or a mental health specialist for help! I may need to go to the hospital.

11. Off the charts *bad*- I can’t articulate at all- get me to a hospital and call emergency contacts, a hotline and/or a mental health specialist immediately!

♥ I Love You! ♥

Let me explain why:

You're beautiful, smart, talented, special, unique!
You're an amazing person and there's no one else like you.

You deserve to be happy! You're worth it!

I know things are hard for you right now. It's completely understandable that you feel the way you do!

Your feelings are important but they don't define you. Don't let them overshadow the big picture. Don't lose sight of who you are.

It'll get better, this feeling won't last forever *Hugs!*

It's ok to feel vulnerable, it's ok to cry!

It's ok to ask for help! There are lots of people who care about you, who want you to be happy and who want to help you in any way they can. Let us in!

You make *me* feel loved! You make *me* happy!

You've been through so much already but look how far you've come!

You do you boo! Remember your agency, you have control of your life.

Don't take shit from anyone and fuck the haters! They're not worth your precious energy!

Focus on what *you* want, where *you* wanna be and what *you* can achieve-- both short term and long term. Give yourself goals and don't give up on them.

Your mental health is important! Practice self care- be gentle with yourself and make time for yourself.

It's not going to be easy but you're *so* strong, you *got* this! And I gotchu!

Breathe in... breathe out. One day at a time.

You're not alone ♥

You can do it! I believe in you!