

The 3 Emotion Systems

We can think of our minds as having 3 systems; the 'Drive System', the 'Soothing System' and the 'Threat System'.

Drive

- Goals
- Rewards
- Achievement
- Success
- Values

Soothing

- Calm
- Happy
- Relaxed
- Safe
- Cared for

Threat

- Scared
- Unsafe
- Angry
- Nervous
- Upset



Sometimes, we can get stuck between our drive system and our threat system, which means that we could feel angry, upset, scared, nervous or like we can't do anything right.

Balancing these systems, especially by activating the soothing system, can help us feel calm, safe, and supported.

If we take some time to do the things we like, we can keep a healthy balance between these systems.

What can we do to activate our soothing system?

There are lots of things that we can do to make our soothing system come "online", such as being kind to yourself and keeping active.

The Soothing system can be activated by breathing techniques, meditation and talking to people; like our friends or family and by connecting with others through peer support and communities. It can also be activated by being around people we are close to, or our pets. Anything that makes you feel calm, comforted and safe.

