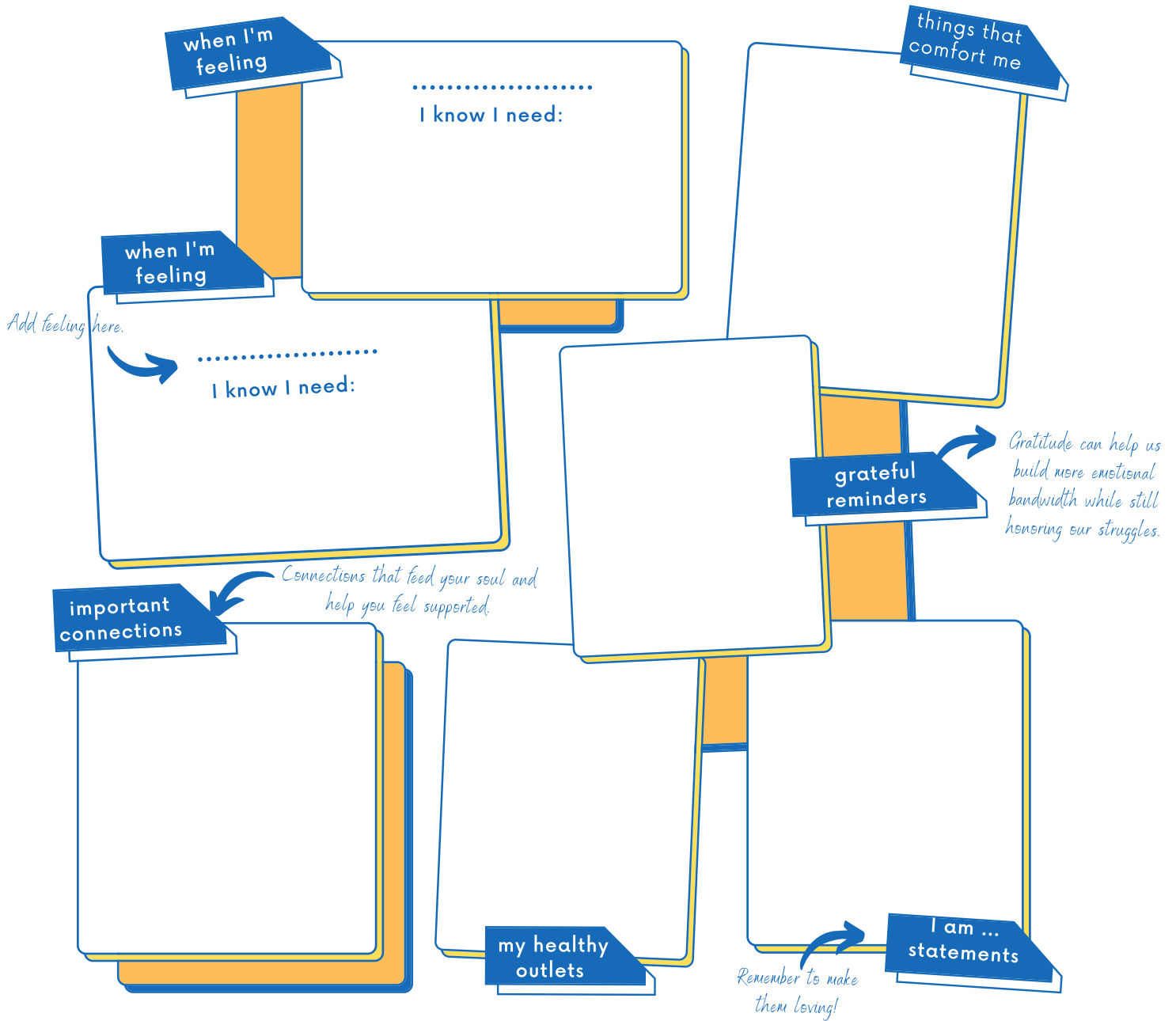


Emotional BANDWIDTH

Emotional bandwidth can be described as the energy and ability we have to cope with emotionally charged situations in our lives. Sometimes we are feeling good and can cope with whatever is thrown at us - our emotional bandwidth is large during these situations. Other times we may feel overwhelmed and unable to process or cope with issues in our lives or those close to us. We may find ourselves feeling exhausted with a short temper. This is when we know that our bandwidth is full and we need some help to lessen the load.



We can't do everything and be everything to everyone. But we can choose to spend our energy in areas that feel important and healthy for that moment or day. Remember that your emotional bandwidth will ebb and flow, so know that you can always try again tomorrow.