

# LEANING INTO LOVE

A SAFE PLACE TO LAND • A STRONG PLACE TO LAUNCH

## LIL Tip ✨

Hi lovely! This week's LIL Tip is all about handling emotional flooding, which is when a person is overwhelmed by their feelings.



While I can't stop the flood from happening, I can help be a sandbag to contain it. Some things that work:

- Get privacy if you can
- Let her vent and respond with "I believe you. Thank you for telling me that."
- Validate her feelings
- Stay present