

Developing and Protecting your Emotional Freedom

Develop a Toolbox of Emotional Health Skills

Knowing how to managing emotions that rob you of your emotional freedom can be learned at any point in your life.

- Learn to recognize and label your feelings. The core feelings are anger, sadness, fear, disgust, surprise, and joy.
- In everyday activities pay attention to what you experience in each of your 5 senses (smell, touch, sight, sound, taste).
- Listen to others with compassion and not negative judgments.
- Remember that feelings are not necessarily facts and do not react to them without checking the facts of a situation.
- Develop a hobby.
- Take care of your physical health through nutritious meals, adequate sleep, and exercise.
- Connect with people that value you and seek positive life goals.
- Connect with your spiritual self through reading holy scripture, prayer, meditation, and relationship with God.

Red Flag Feelings and Behaviors that may Require Professional Intervention

- Problems with sleep.
- Feeling down, hopeless, or helpless most of the time.
- Excessive worry or anxiety.
- Concentration problems that are interfering with your work, school or relationships.
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions.
- Negative or self-destructive thoughts or fears that you can't control.
- Thoughts of death or suicide.

Source: www.helpguide.org

Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.

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