



EMOTIONAL WELLNESS

Making Space for What You Feel

Emotional wellness is the ability to feel your feelings fully, without judgment, and to move through them with self-compassion rather than avoidance. It's not about staying calm all the time — it's about building a grounded relationship with your own inner world, so your emotions can inform you instead of overwhelm you.

“You don't have to control your thoughts. You just have to stop letting them control you.”

A GENTLE PRACTICE: NAME, ALLOW, SUPPORT

The next time an emotion feels big, try walking through these three steps. There's no right way to do this — only your way.

- 1. Name it.** Pause and name what you're feeling, as specifically as you can. Not just “sad” or “stressed” — is it disappointment? Overwhelm? Loneliness?
- 2. Allow it.** Let the feeling exist without rushing to fix, explain, or push it away. Feelings move through us more easily when we stop resisting them.
- 3. Support yourself.** Ask: what would I say to a friend feeling this way? Offer yourself that same warmth.

REFLECTION PROMPTS

- *What emotion have I been avoiding lately, and what might it be trying to tell me?*
- *When do I feel most emotionally safe — and with whom?*
- *What's one small way I can offer myself compassion this week?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.