



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.



EMOTIONAL WELLNESS

Science-Backed Practices for Feeling Fully

These practices are drawn from the research on emotional wellness — small, doable ways to build a grounded relationship with your inner world. Try one this week, not all ten.

TEN WAYS TO PRACTICE EMOTIONAL WELLNESS

Mindfulness meditation RETREAT-READY

Reduces anxiety and depression; increases gray matter in the prefrontal cortex.

Journaling / expressive writing RETREAT-READY

Pennebaker's research shows it reduces emotional distress and boosts immunity.

Gratitude practice RETREAT-READY

Daily gratitude logging increases positive affect and reduces depressive symptoms.

MBSR (Mindfulness-Based Stress Reduction)

RETREAT-READY

8-week protocol with strong evidence for anxiety, depression, and chronic pain.

Emotional Freedom Technique (EFT)

Tapping on meridian points reduces PTSD and anxiety symptoms in trials.

Art therapy / expressive arts RETREAT-READY

Processes emotions non-verbally; reduces stress biomarkers.

Laughter / humor therapy

Increases endorphins, reduces cortisol, and boosts immune markers.

Sound bath / vibrational healing RETREAT-READY

Tibetan bowl therapy reduces tension, anger, and fatigue in studies.

Psychotherapy (CBT/ACT)

Most evidence-based interventions for emotional regulation.

Self-compassion training RETREAT-READY

Kristin Neff's protocol reduces shame and increases emotional resilience.

You don't need all ten. Choose the one that feels most alive for you right now.