

# EMOTIONAL SELF-CARE

By: Kelly Bramblett

## Meditation

Meditation will support you emotionally as the practice creates the space for healing, alignment, and a deeper understanding of self.

Meditation has been shown to reduce anxiety, lower blood pressure, fight depression, improve sleep, help fight cravings, and combat stress.

Custom creating a meditation practice that you enjoy is important. This will help you to stay motivated and consistent.

## Breathwork

Breath is cleansing to the physical and energetic body, and when done in different rhythms and cycles can have a profound effect on your overall health and wellbeing.

You can work with the breath to cleanse the lungs and other major organs, move spinal fluids up the spine, regulate the nervous system, create energy, and manage anxiety.

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## Laughter

Whoever coined the phrase laughter is the best medicine was on to something. We now know that laughter has both short-term and long-term benefits to the brain and body.

There is even strong evidence that people who laugh often live longer, so I think we can all agree laughter really is the best medicine.

Not feeling your best? Throw on a funny movie and then see how you feel afterward. Surround yourself with people and situations that lift you and remind you that life doesn't always have to be so serious.

## Letting Go and Releasing

Energetic release is so important. Holding on to grudges, anger, limiting beliefs, or anything else that isn't serving you is not supportive of your emotional wellbeing.

Taking an honest evaluation of what needs to be released on a regular basis is a key factor in your emotional maintenance and personal growth.

I like to release with the full moon every month. This helps keep me on a consistent schedule so that I know it doesn't get overlooked in the hecticness of life. It doesn't matter when you choose to do it as long as it's getting done with consistency.

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## Play and Have Fun

As adults, play is just as important to our well-being as it was to us as children.

Getting out and creating new experiences will keep life exciting, new, and interesting.

Joyfulness promotes energetic balance and regulates the nervous system.

How can you more deeply support yourself by creating more fun in your life today?

## Rest and Retreat

Life is all about cycles and we aren't meant to be in action all the time.

Busy is overrated and the limiting belief that success must be earned by bone-breaking work is outdated.

Living in a state of constant action will only cause burnout, and in the long run, will be counterproductive to anything you are trying to succeed at. Creating space for rest is the key to creating sustainable energy that will support you in all that you do.

Regular downtime will combat burnout and keep you feeling your very best.

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## Community

As humans, we are a social species and as spiritual beings, we are connected to all that is which is why community is vital to your emotional wellbeing.

Being a part of a community reminds us that we are a piece of a much bigger picture. The most beautiful aspect of community is the way members are held in times of hardship when support and nurturing are most needed.

You can see this on a large scale when tragedy hits and people join together to support the victims.

We are all in this together, and we need each other to be healthy, happy, and successful.

## Notes

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# EXPLORING MEDITATION

Here is a checklist of different types of meditations for you to explore. Have fun and find what feels right.

- Guided meditation (YouTube is a great resource for finding guided meditations.)
- Sound meditation/Journeying
- Mindfulness meditation
- Prayer
- Focused meditation
- Mantra meditation
- Transcendental meditation

Notes:

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# THIS OR THAT: EXPLORING YOUR HEAVY EMOTIONS

Having awareness and giving space around your big emotions helps you to process them so they don't have a chance to become stored in the body or create chaos in your life. Answer the questions below by checking the response that best describes how you experience your big emotions to help gain awareness. Be mindful to not view the answers as being wrong or right, but rather as an opportunity to honestly explore the patterns you hold around challenges that are presented in your life.

## When faced with painful experiences I tend to...

- |  |  |
|--|--|
| <input type="radio"/> shut down            | <input type="radio"/> go into action   |
| <input type="radio"/> cry                  | <input type="radio"/> scream           |
| <input type="radio"/> internalize          | <input type="radio"/> vocalize         |
| <input type="radio"/> look for the lessons | <input type="radio"/> wonder "why me?" |

## When I am embarrassed, I tend to .....

- |                                       |   |
|---------------------------------------|---|
| <input type="radio"/> obsess          | <input type="radio"/> avoid               |
| <input type="radio"/> hide            | <input type="radio"/> project             |
| <input type="radio"/> deny            | <input type="radio"/> take accountability |
| <input type="radio"/> laugh at myself | <input type="radio"/> self-loath          |

## When I am embarrassed, I tend to .....

- |   |   |
|---|---|
| <input type="radio"/> name call           | <input type="radio"/> run away                                |
| <input type="radio"/> shut down           | <input type="radio"/> lash out                                |
| <input type="radio"/> react in the moment | <input type="radio"/> pause, and choose how I wish to respond |
| <input type="radio"/> loose control       | <input type="radio"/> stay grounded                           |