EMOTIONAL HEALTH = PROCESS OF WORKING THROUGH EMOTIONS USING COPING SKILLS

1: Acknowledge your Issues

Identify problematic thoughts, feelings & the events that triggered thoughts/feelings
(Also referred to as your Internal & External Stimulus)

On the lines below, list your internal thoughts & emotions as well as the external people, places and events triggering you.

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2: Learn

Consider emotions as OPPORTUNITIES for insight. (Choose your Response)

1. **Reality Check**—Cross off the items in column 1 that are untrue, stories you made up in your head, exaggerations, not your business. Cross off anything that is *not* within your control.

2. Intention—Now what? How do you want to respond to the issues remaining in column 1? What is your goal? How can you assign purpose, meaning and role-modeling to your acknowledged issues?

3. Choices—For items remaining in column 1, what are the possible solutions? Brainstorm all possibilities within YOUR control. *(Google it if needed)*

4. **What advice** would you give a beloved who felt this way in a similar situation? *"Be the change you seek"*

5. Logic--How could you problem-solve? *(Resources? Support? Information? Advise?)*

6. What is the right thing to do? (What are your values? What response brings dignity and role models your beliefs?

7. What is the life lesson? What does this experience teach you? Greater meaning?

3: *Let Go* and Grow

Release the need to control that which is out of your control.

*Face Fears
*Coping skills replace avoidance and bad habits.

1. Remember to breathe.
Calm mind = wise mind.

2. Be curious: how do other people achieve this goal?
Is there an app for that?

3. How could you make changes in easier, small, attainable steps?

4. What resources and support do you need to make change easier or more fun?

5. How can you live the advice you give others?

6. Healing requires:

*Self-compassion.

*Realistic expectations

*Learning, embracing and accepting yourself as a human who is doing the best you can—always evolving into the wiser versions of yourself.