

EMOTIONAL HEALTH = PROCESS OF WORKING THROUGH EMOTIONS

With coping skills

Stage 1: Acknowledge: *what is the stress & how are you thinking and feeling about it?*

External Stimulus: Other people and events:

Relationship stress: conflict, criticism, betrayal, judgment, bullying, unfairness, abandonment, laziness, dishonesty, abuse, dating, parenting, caregiving, separation, divorce

Other stress: employment/career, finances, education, change, clutter-chaos, childcare, time management, health, legal problems, crime, natural disaster, trauma, death.

Identify (Mind) & Experience (Body)

(Also referred to as your Internal Stimulus)

(Mind) Label Emotions: Bodily Sensations:

Joy	Sadness	Sleep
Happiness	Anger	Appetite
Peace	Anxiety	Muscles
Acceptance	Jealousy	Digestion
Pride	Embarrassment	Pain
Serenity	Resentment	Fatigue
Trust	Mistrust	Irritability
Confidence	Inferiority	Restlessness
Security	Insecurity	Memory, focus
Healthy Guilt	Shame	Tears
Independence	Dependence	Hypertension
Hope	Hopeless	Illness

2: Learn

Consider emotions as
OPPORTUNITIES
for understanding.
(Response)

1. Reality Check—Cross off the items in column 1 that are not happening, exaggerations, distortions or not true. Cross off anything that is *not* within your control.

2. Intention--What do you want to achieve? Goals? Direction? Role-modeling?

3. Choices-- Logic--What are the possible options? Brainstorm all possibilities, seek resources & learn how successful people coped with this issue. How can you problem solve? (*Google to help research*)

5. Values: What advice would you give a beloved who felt this way in a similar situation? Roles reversed, how would you wish to be treated? **What is the right thing to do?**—(align action with values, maintain dignity and role model what you believe.

7. What is the life lesson? What does this experience teach you? What must you learn?

Stage 3: Let Go & Grow

Emotional pain
heals when
coping skills are
applied.

Letting go is the
natural result of
working through
emotional pain.

Letting go
evolves over
time.

Letting go
transforms
wounds into
wisdom and pain
into purpose.

**When EXPERIENCING
Your EMOTIONS**
becomes too uncomfortable,
COPING SKILLS relieve your pain.

Coping skills are behaviors, thoughts, resources or tools that assist you in the process of working through painful emotions. Examples of coping skills: meditation, healthy nutrition, exercise, recreation, positive attitude, cognitive reframing, problem-solving strategies and medication as prescribed.