

# Emotional Wellness

Emotional wellness is about recognising and accepting your feelings, understanding what they tell you, and responding with kindness to yourself. It means slowing down enough to feel your emotions fully, even the uncomfortable ones, so you can heal and grow.

## Reflection

What emotions do I notice most often?

How do I usually respond to difficult feelings?

When was the last time I allowed myself to fully feel an emotion without rushing away?

What emotions do I find hardest to express or share?

## Exercises

**Mindful Pause:** Set a timer for 3 minutes. Close your eyes, focus on your breath, and notice any emotions or bodily sensations. Label them silently (“anger,” “sadness,” “tension”) without trying to change them.

**Emotion-to-Need Mapping:** Notice an emotion you feel (happiness, fear, disappointment). Ask yourself: What might this feeling be trying to protect or communicate? What need is underneath it?

**The 4 Rs Check-In:** Pause and ask, What do I need to Rest, Release, Replenish, or Reconnect today? Choose one and take a small action to honour it.

**Safe Space Visualisation:** Close your eyes and imagine a place where you feel completely safe and supported. What does it look like? What sounds or smells are there? Visit this place in your mind when emotions feel overwhelming.