

12 Guides For Emotional Wellbeing

A starters guideline to a better relationship with ones emotions.



1

Its ok to be NOT OK

Accept the feeling rather than shutting it out. Acceptance is also the first step to being able to handle your emotions well. Without acceptance, a major part of your energy would be focused on denying your emotions.



2

It is NOT Permanent

Remember that you are much more than what you feel at the moment. And it is bound to change with time too. Give yourself permission and time. Be easy on yourself. Your mind is like the sky, it may be sunny sometimes and cloudy the other. But it too shall pass.



3

Name your emotion

Knowing what you are feeling and being able to locate it as precisely as possible gives you a better understanding on how to deal with the emotion, plan the next step and have a conscious relationship with those emotions.



4

Let it out

Try to articulate your emotions through any medium - art, song, writing, dance or even talking. This helps you get a control on your emotions and not your emotions controlling you.



5

React with a Delay

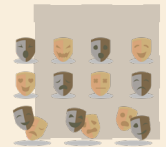
It is not what you feel but how you respond to those feelings that matter. Mostly do things that you would be proud of in the future. Even though you can't choose your feelings, you can choose how you respond to them.



6

Happiness is not the boss emotion

There are no good or bad emotions. We have all our emotions for a reasons and it is OK to be sad and angry or confused and lost as well. Most people have gone through it even if we cant see it.



7

Different is not wrong

Ask atleast 5 people from different age groups and background before you make a decision on any topic. This will give you more time and perspectives on the topic and help you appreciate differences more.



8

Ignorance is not bliss

A healthy person is not one who doesn't feel any emotions but who has a better understanding and control and relationship with their emotions. So try to listen to how you feel.



9

No right or Wrong

There is no right or wrong answer. Your life, experiences and journeys are unique, and so are your emotions.



10

You are not alone

Even when you are not able to see it, do remember that what you are feeling is not new and isolated to you. There could be more people like you who could be sharing a similar feeling. You may not be not same as anyone, but are relatable and understood by some.



11

Treat others the way you want to be treated

This helps you to communicate yourself and trust others better. It helps to bring about clarity and strengthen your relationship with others. Take a minute to pause and see if your actions and words for other are what you would like to be done to you too.



12

Ask

Its totally OK not to know everything, if you ever find yourself in a situation of emergency or doubt, ASK! a professional, ask for help, ask a question.



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