

12 Guides

For
Emotional Wellbeing

A starters guideline to a better relationship with ones emotions.



Out of Syllabus Foundation
Kerala, India

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 focusing on something that may not be totally off point.



7 Different is not wrong

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



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.



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



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.



9 No right or Wrong

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



4 Let it out

Try to articulate you 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.



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 are more people like you who could be sharing a similar feeling. You are not same as anyone, but relatable and understood by some.



5 React with a Delay

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



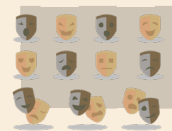
11 Treat others the way you want to be

This helps you communicate yourself better, trust others better and brings 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.



6 Happiness is not the boss emotion

There is no good or bad emotion- Its only about how you feel. Its OK to be sad and angry or confused and lost as well. Most people have gone through it even if you cant see it.



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.

