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Emotional Wellness

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Overview



Overview



1. Emotional Wellness is the ability to understand and cope with all of life's challenges.
2. Goal is to help clients cope with fear, anger, sadness, stress, love, joy, and happiness.
3. It is also important to know the warning signs of more severe issues so that you know when to refer out.
4. Emotional wellness is the domain that allows you to be aware of and to accept what you're feeling.
 1. When you know how you're feeling, you can accept them and then decide on appropriate responses to those feelings.
 2. When you are free to express feelings liberally, without blocks, you are living in your power.
 3. Once you are the master of your emotions, you are then able to provide support to others and establish relationships with them.



Overview

5. Additionally, human beings are not just a body and a mind.
6. When we are sad or happy, for example, we are having a sad experience or an happy experience, but we are not the emotion itself.

“There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it.”

-Michael Singer



Overview

7. You are the awareness, the noticer who watches the experiences and often time judges them.
8. Detaching from this place of judgment and entering a space of awareness of what is going on both cognitively in your mind (inner world) and in the world around you (outer world) is the beginning of truly understanding your emotions.
9. From a different perspective, we can see how our attachment to emotions and even situations leads us to become lost in our minds.



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Emotional Wellness Assessment



Emotional Wellness Assessment

When you are emotionally healthy, it means that you are able to accept and recognize your feelings; this also means that you take responsibility for those feelings. Complete this assessment by honestly ranking each statement according to the following scale:

Always/Usually = 2 points Occasionally/Sometimes = 1 point Very Rarely = 0 points

- I accept responsibility for every action that I take.
- I view all challenges and obstacles as opportunities for growth.
- I feel good about myself as a person.
- I know that I have complete control over myself and my actions.
- I am able to laugh at myself and life's situations.
- Stress and tensions are parts of life which I am able to appropriately cope with.
- I love life and enjoy it.
- I express my feelings and I am able to appropriately recognize them.
- I am able to learn from my mistakes and acknowledge my weaknesses.
- I develop and maintain close relationships.

Total for Emotional Wellness Dimension

Score: **15 to 20 Points** - You are very emotionally healthy.

Score: **9 to 14 Points** - You should consider making changes in the areas with lower scores because you have room for improvement emotionally.

Score: **0 to 8 Points** - In order to achieve a balance in all areas of wellness, it is important to focus on this area specifically. Create an action plan for growth in this area.



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Steps Toward Emotional Wellness



Steps Toward Emotional Wellness

1. Always be willing to witness your feelings. Stay aware and mindful of how you are feeling in every situation.
2. Create physical reminders in your life to stay positive in seasons when you need them. This could mean posting affirmations or setting reminders on your phone.
3. Smile.
4. Be willing to seek and receive help when you need support. You must remember to ask.
5. Participate in daily gratitude practices. Think about all of the reasons you are grateful for people or situations in your life.
6. Practice being mindful and meditate at least once daily. Increasing your awareness of the present does so much for you, including taking emphasis off of worrying for the future.
7. Stay on the path of achieving balance in every area of your life.
8. Accept and grow from all mistakes. Instead of allowing them to tear you down, allow them to build you up.

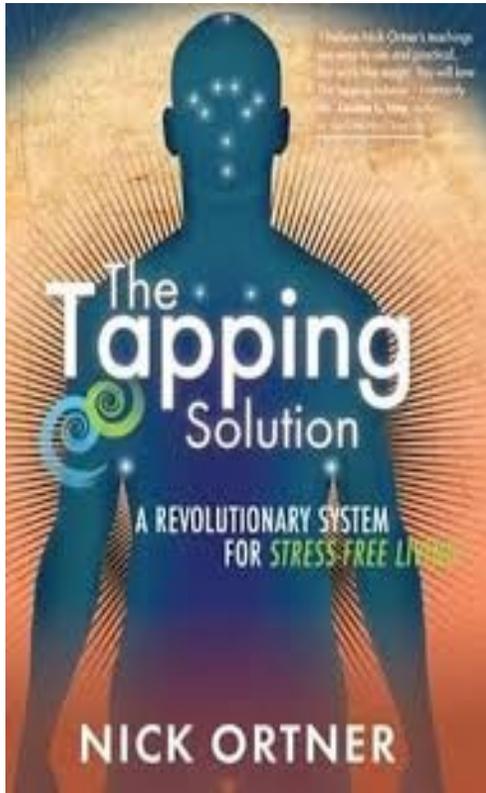


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Emotional Healing Resource Book:
The Tapping Solution by Nick Ortner



The Tapping Solution



In *The Tapping Solution*, Ortner describes not only the history and science of tapping but also the practical applications. . . The simple strategies Ortner outlines will help readers release their fears and clear the limiting beliefs that hold them back from creating the life they want.

(Resource: <http://www.amazon.com/The-Tapping-Solution-Revolutionary-Stress-Free/>)



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Now that we've covered the basics of Emotional Wellness, let's dive deeper into them in these next 8 key lessons.



8 Key Lessons of Emotional Wellness

Lesson 1: Your thoughts influence your emotions.

- We all have an inner dialog in our minds, a tape that we play over and over again.
- This inner voice attaches meaning to our emotions, or judges them for us. It tells us that being sad or jealous or angry is wrong, and only happy, compassionate and kind emotions are good.
- We must understand that emotions are not good or bad. Often they arise to teach us something, or tell us what to pay attention to
- **Exercise:**
 - Choose a difficult experience that you have had and bring it into your focus.
 - Close your eyes and meditate on this scenario. Recall what happened prior to the event, what led up to it, how you felt. Re-live the experience for a moment, concentrating on what you feel emotionally and physically. Name the emotion(s). Are there any physical sensations that you notice as a result of this emotion? Remember that you are not here to fix the situation or brainstorm solutions of how to make it better. This is only a time for you to notice the emotion as an observer. When you have had a few moments to study what triggered the emotion and physical sensation, take 3 deep cleansing breaths and release the memory. Watch the emotion float away and bring yourself back to this present moment.
 - Reflect: What did this exercise teach you about the emotion you felt? Where did it resonate in your body physically? Were you able to detach from the emotion and become the observer?



8 Key Lessons of Emotional Wellness

Lesson 2: What are emotions?

- Emotions are chemical reactions in the brain that are supposed to help guide your decision-making process. More than that, however, they tell you where you are in relation to where you want to be. They are a signal or indication that you are not living the vision that you have for your life. They are a compass telling you where to look.
- Dissonance occurs because our brains are very powerful, creating associations between situations and emotions that often are not logical.
- It isn't necessarily the emotions themselves that are difficult to manage, but rather the meaning we associate with them.
- More dissonance may occur because our brains are hard-wired to see things worse than what they are. We sometimes think thoughts like, "Things were bad in the past. It's bad now. It will always be this bad."
- Managing our emotions is as much creating a vision for your life as it is noticing what you are feeling and why you are feeling it.



8 Key Lessons of Emotional Wellness

Exercise: Complete the chart below to find out what triggers you emotionally. Fill in as many emotions as is needed.

I feel _____ when...	
I feel sad when...	
I feel angry when...	
I feel jealous when...	
I feel happy when ...	
I feel proud when...	
I feel afraid when...	



8 Key Lessons of Emotional Wellness

Lesson 3: Mindfulness

- Now that you are beginning to recognize these emotions and what causes them to arise in you, you can begin to alter how you feel when they arrive and constructively choose one emotion over another.
- This is not simply positive thinking, although we will return to that idea later in the module. Perhaps you feel angry, jealous, sad.
- Recognizing and accepting these emotions is important, and then deciding to not tuck them away is critical. You will not change the outcome by holding onto negative feelings.
- In this moment, you become the observer watching the situation unfold, and deciding if you want to be angry or sad. It is important to allow yourself time to feel these emotions, or over time they will become suppressed.
- Choosing how you want to feel is the reward you receive for being present and practicing mindfulness.
- What does it mean to be mindful?
 - sharpening your awareness to the present moment, the one that you are experiencing right now.
 - Focusing on this moment and realizing that whatever happened to upset you, is already gone. It is a conscious act of detaching from the past and being fully present.
 - Being mindful is not about suppressing your feelings and pretending that everything is ok. It is acknowledging that something hurt you, but knowing that in this moment, you are safe and you are at peace.



8 Key Lessons of Emotional Wellness

You need to learn how to select your thoughts just the same way you select your clothes every day. This is a power you can cultivate.

— Elizabeth Gilbert



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Lesson 3: Mindfulness (Continued)

Exercise: Mindful Meditation

- Retrieving memories is great for this exercise because it allows you the space between when the experience occurred and the present time now to know that you survived it.
 - Close your eyes and think of a time when you felt hurt by someone else. What did it feel like in your heart? Were there any physical sensations? What emotions come to mind? Write it all down in the space provided.
 - Now release those feelings. Take 3 deep breaths, and come back to now, the present moment. Take a few minutes to look around the room and center yourself and be fully here and now. Right now in this time, are you ok? Do you feel those emotions and sensations now because they just occurred or because your mind recalled them and you have some residual effects of the memory? Write down how you feel.
- This is the power of being mindful - recognizing that what happened is already gone and in this moment, you can choose your thoughts and emotions.



8 Key Lessons of Emotional Wellness

“Most things will be okay eventually, but not everything will be. Sometimes you'll put up a good fight and lose. Sometimes you'll hold on really hard and realize there is no choice but to let go. Acceptance is a small, quiet room.”

-Cheyrl Strayed



Lesson 4: Acceptance

- Most things *will* be “ok,” but not everything and not the way we think it should be.
- Acceptance isn't liking what happened. It isn't pretending it didn't happen. It is holding on and realizing the only way to survive is to let go. It is humbling and filled with humility.
- Acceptance is allowing truth, whatever it may be, to resonate and vibrate with you on such a frequency that you receive it.
- *“This isn't how it's supposed to be.”* A phrase that may resound in our minds quite often. We have a definite idea of how the world works and how life is supposed to go.
- The dissonance that occurs in our minds and hearts is when what is happening to us, isn't what we believe *should* be happening. The same goes for when we are disappointed in ourselves. This isn't how I am supposed to be. But acceptance is fertile ground.
- It is the starting point that we can create a new vision and new goals for ourselves. Whether it be personally or professionally, accepting things as they are is the foundation for what comes next.
- *“Accept — then act. Whatever the present moment contains, accept it as if you had chosen it. Always work with it, not against it. Make it your friend and ally, not your enemy. This will miraculously transform your whole life.”* Eckhardt Tolle



8 Key Lessons of Emotional Wellness

Acceptance Exercise:

Self acceptance is a form of self love, but accepting the parts of us that we consider unfavorable is difficult. To look deeply at our imperfections and accept them is the beginning of transforming how we feel about ourselves. Look at your relationship with yourself. In what ways do you need to accept yourself? What parts of yourself do you reject?





8 Key Lessons of Emotional Wellness

Lesson 5: How emotions affect our health.

- The purpose of emotions is to move energy that is stored and trapped in our minds and bodies.
- Emotions that are not accepted become repressed. Because we have been taught or conditioned from an early age that some emotions are good and some are bad, we tend to repress them in our body and they can manifest as ailments over time, if not healed.
- For example, when the brain senses danger also known as stress, cortisol is secreted to maintain stable blood sugar levels. Stress can be identified with such emotions as fear, anger, and sadness.
 - When this happens infrequently, the human body can properly filter the excessive hormones and return to its natural state, but consider for a moment a body which is under extreme stress or recurring stress and therefore working overtime to both create and disperse the steroid hormone, cortisol, regularly flooding the bloodstream all too often. The biological systems are taxed and as a result the immune system will likely be compromised.
- We have been taught to repress our feelings and not be too sensitive.
- Through meditation and mindfulness practices, we can affect a better outcome for ourselves emotionally, mentally, and physically.



8 Key Lessons of Emotional Wellness

Lesson 6: Masculine and Feminine Energies

- Men and women possess both masculine and feminine energies.
 - Masculine energies are associated with action, competition, cognition, problem solving.
 - Feminine energies are aligned with intuition, creativity, collaboration and feelings.
 - Both energies exist in each person and arise due to the situations or experiences we are exposed to. We have already learned how stress affects the body. Such is the case with energy.
- In order to fashion careers, build income, and manage households, women have donned an armor of masculine energy, thus allowing their feminine energy to dissipate.
- Men traditionally do not display much of their feminine energy, as it is suppressed and traded for power and distinction. Our world needs the intuition, wisdom and nurturing of the feminine energy in order to heal the collective consciousness.



8 Key Lessons of Emotional Wellness

Exercise:

Masculine	Feminine

List the ways that you are using energy.

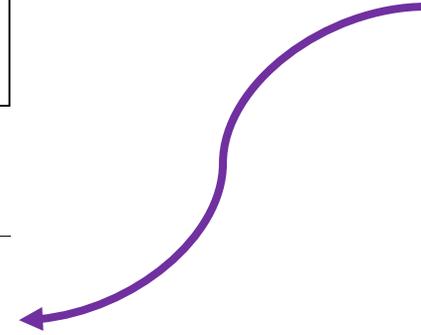
masculine energy and feminine

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In what ways have you given up your feminine power?

What activities can you add in order to practice using feminine energy?

See worksheet in your PDF ☺





8 Key Lessons of Emotional Wellness

*“It’s impossible,” said pride.
“It’s risky,” said experience.
“It’s pointless,” said reason.
“Give it a try,” whispered
the heart*



Lesson 7: Living from your heart.

- “The way of the heart is beautiful, but dangerous. The way of the mind is ordinary, but safe.” Osho p.59
- Society is dominated by the mind. The mind broods, thinks, philosophizes, but it doesn’t feel. It argues. It uses logic and rationality. But it does not dream.
- The heart has a logic all its own, called intuition. It is emotion, love, sensitivity, and more valuable than the head. It is existential and unpolluted, the gateway to the soul.
- The mind will give you a safe life of money, power, and prestige. The heart will bring you an alchemical change, a tremendous experience of love.
- Pride, reason, and experience are tools of the mind, but the heart has a reason beyond rationality. It is the witness of dreams and deep love and longing.
- The goal here is to allow the head to be the servant and the heart to be the master. This means that we must let our hearts guide our decisions and make those decisions based in love, not fear.

Exercise: Find and do a heart opening meditation.



8 Key Lessons of Emotional Wellness

Lesson 8: Self Love

- Loving oneself is the basis of all relationships. But what does self love really mean and what lengths do we go to sabotage or corrupt our love for ourselves?
- Self love is more than indulging yourself in that coffee shop on the way to work, or the over-priced handbag at the specialty shop. Self love means defining what is essential and acceptable, and then designing your life around it.
- Essential needs are vital to our existence, but beyond food, water, and shelter, we have a need for connection and love, joy and peace.
- When we trade our authentic needs in for comfort and “keeping the peace” sake, we neither become comfortable or peaceful, because deep in our hearts we know that we have undermined our truest desires and needs.
- Accepting less than what we need from ourselves sets the tone for all other relationships.
- Our vibration is raised and the demand we have for ourselves is felt by others. Soon they see our worth and treat us as we are, but it all begins with loving oneself.

Exercise 1: List 3 ways can you honor yourself mentally and physically.

Exercise 2: Write a mantra that you can utilize to remind yourself of how much you are loved and how much you are worth.

Knowing yourself is the
beginning of all
wisdom.
-Aristotle



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Homework



Complete and journal the exercises within this module within two weeks.