

WHAT TO DO WITH INTENSE EMOTIONS

HERE ARE SOME POSITIVE WAYS TO MANAGE YOUR EMOTIONAL ENERGY:

PHYSICAL ACTIVITY

Moving your body is a simple way to release tension and shift your mindset.

THERAPY

Discussing your feelings with a trained therapist or trusted friend.

ACUPUNCTURE

Acupuncture can alleviate pain and anxiety by increasing endorphins.

JOURNALING

An effective way to process challenges and reduce the intensity of emotions.

PRIMAL THERAPY

Scream therapy, or Primal Therapy, has been used by clinical psychologists for decades to treat anxiety, depression, and trauma.

MEDITATION

An effective coping strategy when it comes to regulating emotions.

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YOUR WELLBEING ACTIVITY

THERAPEUTIC JOURNALING

Try a therapeutic journaling exercise. Do not hold back. Stay open to what flows out onto the page.