

# EMOTIONAL WELLBEING

## What to Do with Intense Emotions

These days, a lot of things can trigger intense emotions. Political, social, and cultural topics often bring a wide variety of perspectives and discourse. What you choose to do with your strong emotions when they show up is what matters most, particularly where your health is concerned.

Although it can be tempting to want to suppress strong emotions, ignoring them can have a negative effect on your health. A better solution is to find healthy ways to release them.

### 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. As you move, your body releases feel-good endorphins that help calm your emotions.

#### Therapy.

Discussing your feelings with a trained therapist or trusted friend can be helpful when you need to process or work through a complicated situation.

#### Acupuncture.

While the [research](#)<sup>1</sup> is still inconclusive, mostly due to the small number of subjects in studies conducted to date, there is some evidence that acupuncture can alleviate pain and anxiety by increasing endorphins.

#### Journaling.

Because [therapeutic journaling](#)<sup>2</sup> requires the use of both left brain and right brain functions, it is an effective way to process challenges and reduce the intensity of emotions.

#### Primal Therapy.

Scream therapy, or [Primal Therapy](#)<sup>3</sup>, has been used by clinical psychologists for decades to treat anxiety, depression, and trauma. While it is an unconventional method, it has been shown to be effective for some.

#### Meditation.

[Research](#)<sup>4</sup> has shown that mindfulness-based stress reduction (MBSR) techniques, such as meditation, can be an effective coping strategy when it comes to regulating emotions.

Learning how to manage stress is an important part of your wellbeing. Experiment with a few different emotional management strategies to find out which ones are most effective for you.



1. <https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture>  
2. <https://psychcentral.com/lib/the-health-benefits-of-journaling/>  
3. <https://www.psychologytoday.com/us/blog/in-therapy/201002/cool-intervention-3-primal-therapy>  
4. <https://www.sciencedirect.com/science/article/pii/S1877042814024161>

## Building Resiliency

Resiliency has become a popular topic within wellness circles. That is because there is strong evidence suggesting that resilient people are better at managing stress and moving through life's difficult moments.

Psychological resilience is defined<sup>5</sup> as the ability to adapt when faced with adversity. To build resilience, you need to understand how stress impacts you, so you can develop specific strategies to work your way through those difficult situations.



### Here are a few ways to strengthen your resilience:

#### Practice Self-Care.

Create a list of self-care strategies you can lean on when times are tough. Eating well, exercising, and getting enough sleep can dramatically improve your ability to deal with stressful situations. When you have a plan in place before you face a challenge, it is much easier to navigate your way through it.

#### Strengthen Your Circle.

Having a trusted support system to turn to when you face tough circumstances can alleviate stress and help you find solutions more quickly. Research has shown that simply having a strong support network makes you more resilient.

#### Focus on Solutions.

It can be tempting to focus your energy on problems, but giving your attention to solutions is a much better use of your energy. By refocusing your lens on solutions, you will be able to find your way through challenging circumstances more easily.

#### Give Yourself Space.

Sometimes the best thing you can do when facing an overwhelming circumstance is give yourself space. Go for a walk. Sit in silence. Press the pause button to see the problem more clearly.

Building resiliency can change the way you respond when life-changing situations arise.



5. <https://www.apa.org/topics/resilience>



## Journaling as a Stress Management Tool

Everyone experiences stress from time to time, but it can lead to a whole host of health problems if left unaddressed for long periods of time. One of the most common tools used for stress management is journaling. Getting your thoughts and feelings out of your head and onto paper can help you uncover the root causes of stress, so you can address it more effectively.

Journaling removes you from the situation itself and invites you to become an observer. By stepping back from the strong emotions tied to a specific event, you are able to see it differently.

### Journaling can take many forms, and there is no wrong way to do it. Here are some different ways to journal:

#### **Gratitude Journaling.**

Counting your blessings is beneficial to your health. Gratitude journaling involves taking inventory of what is going well, helping you to refocus your attention on the positive aspects of your life. In fact, [research<sup>6</sup>](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4927423/) has shown that gratitude journaling can even improve your health biomarkers.

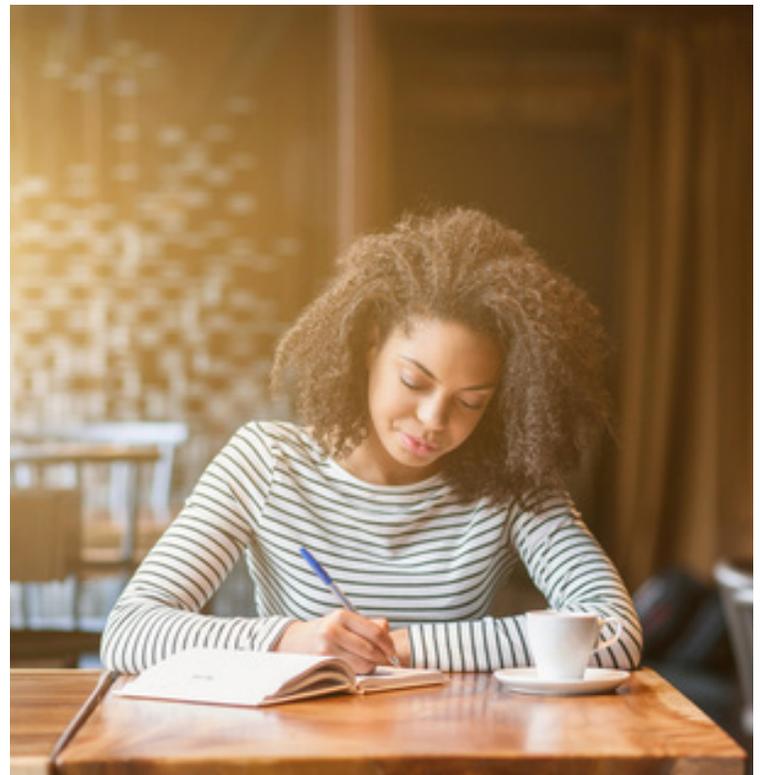
#### **Freestyle Journaling.**

Writing without rules is the foundation of freestyle journaling. This open-ended format involves an uninhibited stream of writing. The objective is to simply release your thoughts and feelings as they come to you.

#### **List Journaling.**

List-making can be an extremely helpful form of journaling when you need to find solutions to a problem. You might create a pros and cons list or brainstorm possible ways you could improve a situation.

Journaling is a simple stress management tool that offers helpful insights about the sources of stress in your life.



6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4927423/>



# RECIPE

## Salmon Cakes with Potato and Fire Roasted Corn Salsa

### INGREDIENTS

#### SALMON AND POTATO CAKES

- 2 medium russet potatoes, peeled and quartered
- 1 can of salmon (6 ounces), drained
- 1 small onion, chopped or grated
- 1 egg
- 1/4 cup flour
- 1/4 cup fresh dill, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 6 Tablespoons extra virgin olive oil for frying

#### FIRE ROASTED SALSA

- 2 large ears corn, shucked
- 1 medium red pepper, diced
- 1 jalapeño, diced
- 12 cherry tomatoes, cut in half
- 2 Tablespoons cider vinegar
- Salt and pepper, to taste

### INSTRUCTIONS

1. Make Fire Roasted Salsa. Peel and roast corn on a gas burner or on a grill. Shave corn off the cob with a knife into a mixing bowl.
2. Add rest of salsa ingredients. Mix well. Salt and pepper, to taste.
3. Next make the salmon cakes. Boil peeled potatoes until soft, then drain in a colander. Mash potatoes with a fork.
4. In a large bowl, flake salmon with a fork. Add onion, egg, flour, dill, 1/4 teaspoon salt, 1/4 teaspoon pepper and potatoes. Mix well with a fork.
5. Make 12 patties. Heat olive oil on medium heat in a frying pan. Fry until golden brown on each side (about 5 minutes per side). Drain on a paper towel.
6. Serve salmon cakes with fire roasted salsa.

**Total Time (Cook and Prep):**

30 minutes

**Servings:** 4



### NUTRITION INFO

(per serving)

Calories kcal	443
Carbs g	32
Fat g	26
Protein g	22
Sodium mg	317
Sugar g	5

**Source:**

[https://www.mediterraneanliving.com/recipe-items/salmon-cakes-with-potato-and-fire-roasted-corn-salsa/?utm\\_source=rss&utm\\_medium=rss&utm\\_campaign=salmon-cakes-with-potato-and-fire-roasted-corn-salsa](https://www.mediterraneanliving.com/recipe-items/salmon-cakes-with-potato-and-fire-roasted-corn-salsa/?utm_source=rss&utm_medium=rss&utm_campaign=salmon-cakes-with-potato-and-fire-roasted-corn-salsa)



## Wellbeing Activity

# Therapeutic Journaling

Try a therapeutic journaling exercise. Do not hold back. Stay open to what flows out onto the page. Here are some prompts to help get you started:

- What I need to accept is...
- What I want to come of this is...
- What is on my mind right now is...
- I am grateful for...
- If my body could talk, it would tell me...
- I feel most energized when...

# 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.

### YOUR WELLBEING ACTIVITY

## THERAPEUTIC JOURNALING

Try a therapeutic journaling exercise. Do not hold back. Stay open to what flows out onto the page. See Activity Guide for more details.

