

THE EMOTIONAL HEALING BLUEPRINT

THE EMOTIONAL HEALING BLUEPRINT

www.inspireacademy.com



INSPIRE ACADEMY

Be The Best Version of You

TABLE OF CONTENTS

INTRODUCTION	5
WELCOME	5
WHAT YOU WILL LEARN	5
MODULE ONE: UNDERSTANDING DISCOMFORT	8
THE DEFINITION OF DISCOMFORT AND ITS ROLE IN PERSONAL GROWTH	9
THE BENEFITS OF EMBRACING DISCOMFORT FOR PERSONAL BREAKTHROUGHS	10
DEFINING "COMFORT ZONE" AND ITS LIMITATIONS	12
SIGNS OF SOMEONE STUCK IN THEIR COMFORT ZONE	13
THE IMPACT OF STAYING IN THE COMFORT ZONE ON PERSONAL GROWTH	16
MODULE 1 TAKEAWAYS	17
MODULE #1 EXERCISES	18
MODULE TWO: FACING DISCOMFORT	21
RECOGNIZING THE ROLE OF CHANGE AND UNCERTAINTY IN PERSONAL GROWTH	22
TECHNIQUES FOR EMBRACING CHANGE AND UNCERTAINTY	23
IMPORTANCE OF SETTING UNCOMFORTABLE GOALS FOR PERSONAL BREAKTHROUGHS	26
TECHNIQUES FOR SETTING AMBITIOUS AND ACHIEVABLE GOALS	27
IMPORTANT TAKEAWAYS	30
MODULE #2 EXERCISES	31
MODULE THREE: NAVIGATING DISCOMFORT FOR PERSONAL GROWTH	34
TAKING ACTION IN THE FACE OF DISCOMFORT	34
HOW MINDFULNESS HELPS YOU NAVIGATE DISCOMFORT	35
PRACTICING MINDFULNESS TECHNIQUES FOR SELF-REFLECTION AND GROWTH	35
MOVING FROM MINDFULNESS TO SELF-REFLECTION	37
UNDERSTANDING THE CONCEPTS OF RESILIENCE AND GRIT	38
STRATEGIES FOR BUILDING RESILIENCE AND GRIT IN THE FACE OF DISCOMFORT	39
APPLYING DISCOMFORT AS A CATALYST FOR PERSONAL GROWTH AND BREAKTHROUGHS	42

EMBRACING DISCOMFORT AS AN OPPORTUNITY FOR LEARNING AND DEVELOPMENT	44
IMPORTANT TAKEAWAYS	46
MODULE #3 EXERCISES	47
<u>CONCLUSION - FINAL REMARKS</u>	<u>52</u>

INTRODUCTION



Do you remember the loss of your very first pet? It was devastating to you as a child. Your favorite pet died. How could this have happened? Why did it happen? You had so many questions. Decades later, as an adult, you may still remember how that tragic event made you feel.

Shock, denial, and anger are just a few of the emotions you may have had to process. It's the same with loss, disappointment, and other unfortunate life experiences as an adult. So many emotions are triggered because of the trauma you face. Children and adults of all ages might feel powerless in the situation. They often feel that their lives will never be the same again.

Unfortunately, that sometimes happens.

People don't properly process their emotions when tragedy strikes. They never move on in their mind because they ignore or embrace their difficult emotions. This can cause significant damage in many areas of a person's life.

When someone understands how to process negative emotions healthily and accepts that something difficult has happened, they can recover quickly and stronger than before.

That's what emotional healing gives you. It's what you're about to discover in this eBook.

We'll define emotional healing and discuss why it's crucial for living a full, happy, and healthy life. You will learn how loss and disappointment can affect you psychologically. There are six stages of an emotional response to trauma and loss, and we'll share those with you.

Understanding the emotions you may encounter during a tough time helps you work through them properly. You learn that this is a natural part of the healing process. This minimizes the impact of emotional trauma on your daily life.

We will take a look at healthy and unhealthy coping mechanisms. There are things you can do and coping habits you should avoid so you heal emotionally and develop resilience to get you through future hardship. We will explain how this is possible with emotional regulation.

In the final module of your eBook, we address how you can implement proven healing strategies to return to an emotionally healthy place. This includes therapy and counseling, self-care, and social support. You'll discover that exercise, good sleep habits, and a healthy diet can lead to emotional wellness.

Your path to recovering from disappointment and loss starts with a quick look at exactly what emotional healing is and why you should actively cultivate it.

MODULE ONE – UNPACKING EMOTIONS – THE WHYS AND HOWS

DEFINING EMOTIONAL HEALING – WHY IT'S IMPORTANT



Many of the things you do every day are automatic. You don't think about them. This is because you have established routines. When your mind recognizes that you do the same things every morning, it moves those behaviors to your subconscious. There's no need to spend valuable conscious energy doing them.

Other behaviors are attached to your emotions.

They are driven by your thoughts and feelings. You feel sad, so you watch a movie that makes you laugh. You are upset that you didn't land a promotion at work, so you consciously stop working as hard. These are a couple of examples of your emotions driving your behavior.

If you're not careful, your emotions can lead to behaviors and actions that have a negative impact on your life. This sometimes happens in response to trauma. It's why we all need time to practice emotional healing.

Emotional healing is all about recognizing that some painful life experience has happened. You don't have to like it, but you do have to recognize it and let your emotions have their day. Don't bottle them up. You address your feelings and the traumatic experiences that caused them.

You let your feelings out rather than push them down where they can do most of their damage. Put simply, emotional healing is a healthy process that has you acknowledging, accepting, and working through hardships and the strong emotions you experience from them.

Why is this important? Can't you ignore your feelings and force yourself to go on with your life? You can, but this is a path to chronic mental and physical stress. You may limit your emotional responses. This stunts your growth emotionally and can ruin your self-esteem and your personal and professional relationships.

HOW EMOTIONS ARE AFFECTED BY NEGATIVE LIFE EXPERIENCES

How we respond emotionally to our experiences has to do with many factors. Our childhood, previous trauma, current mindset, and age can all influence our emotions when we experience hardship.

A negative life experience (the loss of a loved one, significant financial loss, a breakup or divorce, the dissolving of a friendship) can cause anger and sadness, feelings of betrayal, low self-esteem, and even give way to self-destructive behavior.

This is how your life experiences sometimes lead to an emotional response.

You don't choose to feel that way, but you do so automatically. If you don't understand how to process and move on from these negative emotions in a healthy way, you can cause a lot of harm emotionally and even physically, to yourself and others.

When you experience a negative emotion because life has handed you some difficulty, don't feel like that's a weakness. It's normal. Remind yourself that you can process those emotions and then move to more positive feelings.

UNDERSTANDING THE PSYCHOLOGICAL IMPACTS OF LOSS AND DISAPPOINTMENT

You've probably endured your share of disappointment and loss. We all do. This is true to different degrees, regardless of age, gender, or other factors.

You are going to fail. We all do. We fall down and stumble despite our best efforts. Loved ones will leave your life. Relationships will fall apart, you'll be disappointed in your career and personally, and this isn't a one-time deal. You will have to deal with hardship and trauma several times throughout your life.

Taking an active role in emotional healing is important for many reasons. When disappointment and loss come knocking at your door, it takes a psychological toll. You can suffer a blow to your self-confidence, self-esteem, and self-respect. Without emotional healing, you may start expecting difficulties to appear in your life.

Loss, failure, and disappointment can keep you from emotional wellness. You end up living a watered-down version of the life you deserve because you don't move on from the debilitating psychological impact.



This is a threat we all face. Fortunately, it's possible to limit the effect of difficult life experiences by working through the following emotional process.

THE STAGES OF AN EMOTIONAL RESPONSE TO LOSS AND TRAUMA

Some people might handle hardship differently than others. In many cases, though, your response is universal. Certain responses automatically occur. When loss or disappointment raises its ugly head, many of us experience certain emotional reactions.

These will often happen in a predictable order. They build upon each other to help you wrap your mind around the fact that something difficult has happened. Understanding these common responses to your life problems can help you reach closure.

If you find yourself stuck in one of the following stages, consider the other phases you have yet to experience. Imagine yourself going through those emotions. This can get you unstuck and help you reach a level of acceptance that will allow you to move on.

Here are the six emotions you'll commonly move through as you heal from some serious negative life experience.

(* Sometimes, a person will experience these feelings in another order. This depends on several factors and doesn't mean you're not healing properly. You may handle loss, failure, or some other difficulty differently than others. That being said, the following emotions experienced in response to trauma are common to many people. Understanding that these feelings are a normal part of the healing process can help you recover from hardship with resilience.)

Shock



The most difficult experiences to handle are, by their very nature, surprising. We don't see them coming. That's what shocks us.

Your life might be moving along in a very positive way. Then, something happens that rocks you to your very core. A crisis strikes and you are totally unprepared. This is sometimes the case with the death of a loved one. If you unexpectedly lose your job, that would also shake you to the core.

Denial

Have you ever had someone deliver bad news to you? You might respond with disbelief without proof of the experience in front of you. Certainly, this couldn't have happened. Someone is playing a mean trick on you. You are presented with such a negative scenario that you instantly deny this has happened.

You might deny something traumatic even after verifying that it is a part of your reality. Denial is sometimes followed closely by grief. When this happens, that can quickly take you to acceptance, and you might pass over a few of the next three emotions a lot of people experience.

Anger

Anger is actually good here. It means your mind has accepted what you previously denied. The shocking event that will cause so much hardship has been recognized.

Since we all want nothing but happy things in our lives, anger is a natural and healthy response when you experience emotional trauma.

It means that you recognize yourself as someone who deserves good life experiences. You don't like to embrace bad times or difficult situations. That's a positive belief system.

One of the most common feelings or statements during this emotional stage is, "Why me?" Once again, this is a healthy part of the process. Your mind is trying to find a way to understand how to recover. As your anger starts to diminish and your mind works on a way to handle what has happened, you might try to turn back the hands of time.

Bargaining

A person often tries to bargain with fate or someone involved in a hardship when anger doesn't work. They beg fate, the universe, or a religious entity they believe in to undo what has already been done.

A person who is handed divorce papers and has no idea what will happen can immediately turn to their partner and try to strike some bargain. Many promises are made in this stage, either to an actual person or an ethereal entity. "I promise I will (or won't) _____ if you'll please reverse what has happened. They want to go back in time and get a do-over.

Depression

If you reach this step after experiencing the previous emotions, you can reach a really dark place. Untreated depression can lead to destructive behaviors and a lack of interest in life. It can trigger chronic stress that could develop into serious mental and physical health problems. In the early stages of depression, a person feels nothing can be done to relieve their suffering.

Some people begin to believe that in some way this is a reflection of who they are. They begin to experience low self-worth and self-esteem. When depression is expressed, and feelings are discussed, that can lead to acceptance.

Acceptance

Acceptance is the final step to healing. Just because you are beginning to accept that something difficult has happened and you will have to deal with it doesn't mean you're entirely happy. Eventually, this can lead to peacefulness, but it doesn't always come quickly.

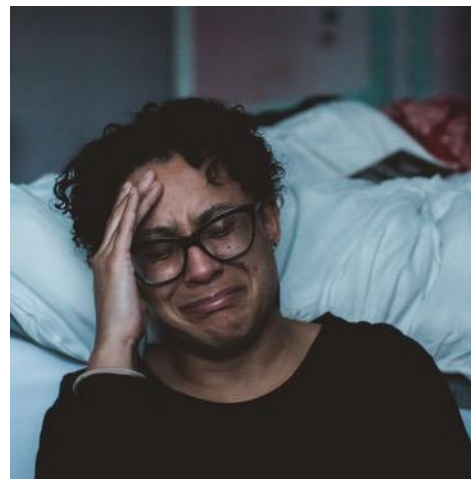
Sometimes this is expressed as a sense of emptiness. That's because you have mentally and emotionally removed feelings of shock, denial, anger, bargaining, and depression. You may feel empty emotionally.

Then, you experience feelings of acceptance and lay the groundwork for healing. Tell yourself that this emptiness is a sign you are ready to move on. You can grow from this experience, as bad as it was, and move on stronger because you went through this healing process. You fill that emptiness with positive emotions and thoughts about your future.

RECOGNIZING EMOTIONAL TRAUMA AND ITS EFFECTS ON DAILY LIFE

Trauma, unfortunately, enters all of our lives. You may think you're dealing with it healthily, but are you really? Sometimes, our response to difficulties can negatively impact our daily routine.

We may tell ourselves that we're tough, and that's enough to get us through the most difficult experiences. Something terrible happens. Rather



than dealing with it healthily, we decided to play tough by going through the emotional responses we discussed. This is one way that people ignore trauma. And it isn't very healthy.

You have to go through certain emotions to be able to heal healthily. If not, your daily life can be affected. Here's an example.

A friend of yours died unexpectedly. You were very close. You see your friends expressing anger, denial, and grief. They're moving through a healing process. You decide to get over it immediately. Yes, it stinks that your friend died. But you have to go on with your life.

This can cause problems with the relationships you have developed with your friends. They see you as uncaring. It shuts down a healthy healing response when trauma happens in the future. You have bottled up emotions rather than dealing with them, which can lead to emotional outbursts.

That could be problematic at work. Your career can suffer. People start distancing themselves from you. You see these negative things happening in your daily routine, and you decide to ignore them, just as you ignore the feelings you should be processing because of the death of your friend.

It's natural to hurt. It's okay to be angry. You might express shock or denial when hardship hits home. Don't be afraid to experience those emotions. They'll help lead you to acceptance and healing, and you'll minimize the negative effect trauma has on your daily life.

MODULE 01 - IMPORTANT TAKEAWAYS

- Emotional healing is recognizing and accepting difficult life experiences and strong emotions.
- Your emotions often drive your actions. You act in a certain way because of your emotional response to hardship. This is sometimes an automatic and negative response, but you can always actively turn this into a healthy healing process.
- Emotional healing is important because you can damage professional and personal relationships without it. If you don't heal emotionally from traumatic experiences and difficulties, you can suffer mental and physical health problems.
- The six stages of an emotional response to a negative life experience are shock, denial, anger, bargaining, depression, and acceptance.

MODULE 01 - EXERCISES

Think about some unexpected hardship you had to deal with. How were your emotions driven negatively by that experience? It's important to understand that tough times can cause emotional responses that do damage so we can prepare ourselves for a better response in the future.

Unexpected Hardship
<p data-bbox="321 787 1300 829">How were your emotions driven negatively by that experience?</p>

Make a list of the six emotional responses to difficulty or loss. Keep this list with you. Refer to it when you have some hardship you have to face. It can help you overcome your feelings and move you to a healthier place.

The Six Emotional Responses To Difficulty Or Loss

MODULE TWO – COPING MECHANISMS AND EMOTIONAL MANAGEMENT



How do you cope? The word coping refers to any strategy or activity you use to reduce the painful effect of unpleasant experiences and emotions. It's whatever you do to overcome your emotional, mental, and physical difficulties.

Coping mechanisms can be productive. They can help you heal and move on with more resilience and strength to face future difficulties. People may also cope in unhealthy ways. While attempting to reach a positive place, they are doing things that might have a destructive impact.

Emotional healing doesn't happen when coping behaviors have negative results. To keep from making a tough situation worse, you need to identify whether or not your coping habits are healthy or unhealthy.

UNDERSTANDING AND IDENTIFYING UNHELPFUL COPING

The best coping strategies don't just help you heal from a difficult experience. They prepare you for future hardship. You know there's a healthy way to deal with the turmoil you experience. The opposite is also true. Worthless and self-destructive coping techniques can add to the pain you're already experiencing.

The following coping methods should be avoided if you don't want to worsen a difficult situation.

Turning to Alcohol and Drugs

Imagine you're an adult of legal drinking age in your state or jurisdiction. You had a tough day. Your boss was a pain in the you know what. All you did all day was handle unforeseen problems as they popped up. Today's workload will be waiting for you tomorrow morning, along with your regular responsibilities. On top of that, your boss asked (demanded) you to work late.

You finally escape your nightmare of a workday and call your best friend. He agrees to meet you for drinks so you can vent your frustrations. Your first glass of wine or cocktails starts soothing you, and you feel better already. The sympathy of your friend provides even more stress relief.

Is there anything wrong with this scenario?

This can be a healthy coping strategy if you don't let your drinking get carried away. Just don't overdo it. Turning to a friend to help you deal with a tough situation can be a healthy way to cope. If you turn to alcohol frequently or always seem to overindulge, you might have a problem.

Turning to illegal drugs is obviously not the answer either. Even if a medicine has been prescribed by a doctor, it can cause problems if you don't follow proper dosage instructions. What might look like a smart short-term coping strategy can become a long-term addiction problem.

Emotional Eating

Feeling great? Why not celebrate with some cake and ice cream? Did you have a tough day? You know you can always turn to those delicious but not nutritious

empty calories and carbs that deliver a quick rush of chemicals that relieve stress and make you happy.

Eating in response to emotions rather than because you are hungry is called emotional eating. It's a less-than-healthy way to deal with life's difficulties that can cause physical health problems and long-term hardship. On the other hand, undereating to the point of nutritional starvation is also an unhealthy coping mechanism.

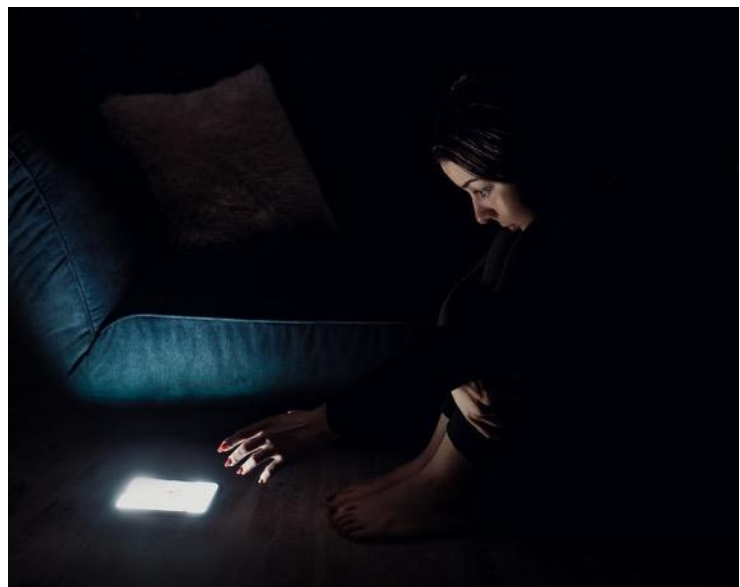
EXCESSIVELY TURNING ON AND PLUGGING IN

Here are some disturbing facts concerning Internet and smartphone usage.

- The average adult spends 5 hours and 25 minutes on their smartphone each day. (Tech Jury)
- The typical mobile phone user checks their phone a staggering 58 times per day. (Exploding Topics)
- US adults spend 294 minutes (just short of 5 hours) watching television daily. (Marketing Charts)

That's a combined 10 hours every day watching television and goofing off on our phones, although there is certainly some overlap there. Some of us aren't happy unless we watch television while we check in on Facebook on our phones simultaneously.

That's roughly 2/3 of our waking hours.



When we want to escape reality, we turn on televisions and Internet-connected devices. It seems that we spend most of our day staring at displays and surfing the web. This is a coping strategy for some people. Their smartphone is in their purse or pocket, ready to offer an electronic distraction. TV offers unreal reality shows, comedies, and dramas to help you deal with (ignore) your daily difficulties.

Taken in healthy doses, plugging in and turning on might not be that big of a deal. There are plenty of films, movies, and experiences on television and online that can positively change your life. As with other unhealthy coping mechanisms, abuse and overuse are where problems develop. Emotions are ignored rather than processed in a healthy way.

Embracing Negative Self-Talk

"I always have bad days on Monday." "This kind of stuff always happens to me."
"I'm just unlucky (or unhealthy, fat, sick, etc)." "I was not meant to be wealthy.
Nobody in my family is."

Avoid these types of internal conversations at all costs.

Sometimes, seeing yourself as a hardship magnet is easier than dealing with the issue. This type of negative self-talk is incredibly damaging. You decide to expect and predict difficulty in your life. You embrace poor self-esteem, and your subconscious triggers actions that make your beliefs a self-fulfilling prophecy.

Bad things happen to good people all the time. Don't believe that you are somehow more deserving of loss and disappointment.



When these thoughts pop up, give yourself a pep talk. You are worthy of the happiest and most fulfilling, wonderful life. You'll have to deal with some tough times along the way, but when you process those experiences and their related emotions properly, you become strong and resilient.

Ignoring or Avoiding What Happened

You start oversleeping. Maybe you change your daily routine to avoid someone. Your feelings after losing a loved one are so difficult to deal with that you ignore them. You tell yourself you'll be fine and start asking for overtime at work, so you stay busy.

You would never ignore a broken leg. You can't avoid it. Unfortunately, humans are very good at justifying our actions when we ignore or avoid dealing with emotions. Problems don't disappear just because you decide you won't deal with them.

Retail Therapy, Gambling, Sex

Are you seeing the theme here? A lot of the unhealthy coping strategies revolve around addiction. Something makes a person feel good in the short term, and they start turning to it repeatedly. It becomes an addiction that can cause problems in every area of their life.

You can't spend your way to emotional health. Turning to gambling or an unhealthy sex addiction won't help you accept what has happened or move on.

These aren't the only unhelpful coping mechanisms. All of us, eight billion people wandering around on this planet, are just trying to figure out life. That means you may turn to other unhelpful coping practices to get through difficulties.

INTRODUCTION TO HELPFUL COPING STRATEGIES

If you feel like you may be treating hardship in an unhealthy way, here are a few coping techniques that are healthier alternatives.

Facing the Hardship

Would you turn your back on impending danger if you were in the path of a stampeding elephant or a runaway train? Of course, you wouldn't. You understand you have to deal with these situations, or the best-case scenario is a long, painful, and expensive stay in a hospital.

You can't ignore whatever it is that's making you feel poorly.

That's not entirely true. You can ignore it if you like. We should say that if you expect to process the experience and any dark emotions attached to it and you want to move on healthily, that will not happen if you turn a blind eye to what's going on.

Create a comfortable physical space where you feel relaxed and safe. Take some time to calm your mind. Then, look at the disappointment or loss you are trying to survive. How do you feel? Let those emotions out. Please don't ignore them. Face them head-on. You can combine this healthy coping mechanism with the following practice to more effectively process your experience.

Turn to Your Support Network

We should all have a group of people we depend on when times get tough. That's what your support network is. It's best if these people live close by so you can spend time with them in person.

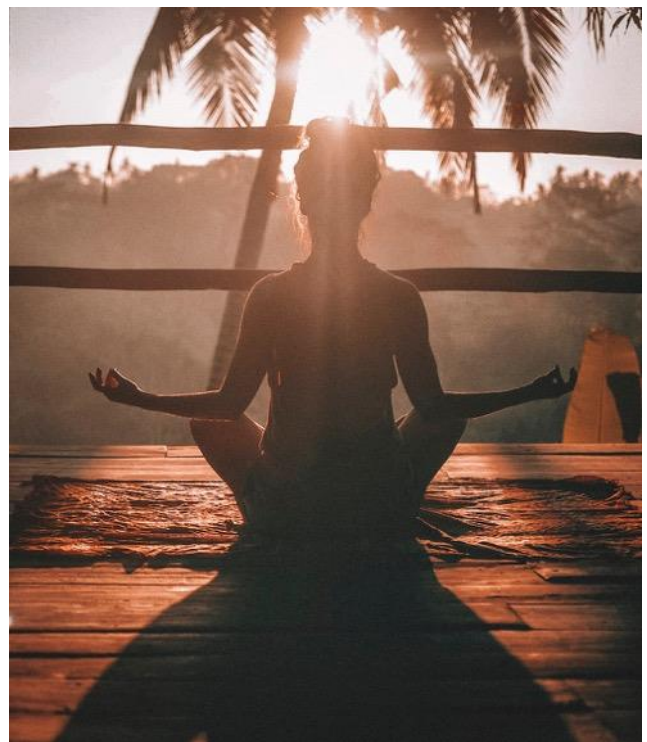
Science has proven that when you spend time with people you care about, you enjoy immediate stress relief. Feelings of anxiety and depression are diminished. When you add physical contact, the rewards are even greater. You don't have to talk about what you are going through. Being around the people important to you can be very therapeutic.

You get many benefits from interacting with people with similar interests. If you don't have loved ones nearby, join a club or take up a hobby that covers one of your interests. The telephone and Internet provide access with a global reach if you can't spend time with these people or your loved ones in person.

Mindfulness

A simple definition of mindfulness is being aware. You are mindful of your current thoughts, feelings, and environment. You process your "right now moment" without judgment. You allow this moment to happen without trying to control or direct it.

This is a wonderful coping mechanism. It helps you process life's difficulties and their accompanying emotions. You observe your thoughts rather than giving them power. You don't react to anything happening around you, although you



take it all in. Mindfulness is about recognition and acceptance, which are at the core of emotional healing.

Meditation

The earliest recorded mention of meditation as a healing practice dates back to roughly 1,500 BCE. Many historians believe it has been used since at least 3,000 B.C.E. for stress relief and emotional healing. You can practice this just about anywhere if you have a few minutes and a quiet, calm environment.

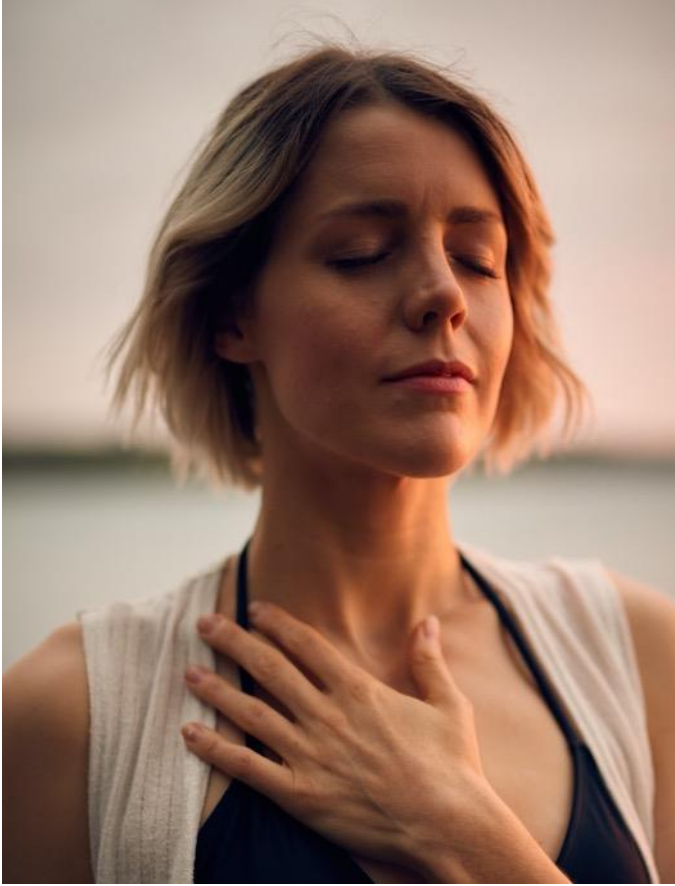
There are guided meditation resources online. This is something that doesn't require years of study in the field. Several different techniques for meditation have been developed, so you will surely be able to find some practice that fits your personality and situation.

Grounding Techniques

When stress builds up, do you ever take a moment and take a deep breath? It's amazing how this simple act can help you cope with life's difficulties, big and small. Practice deep breathing for a few minutes, and you might be surprised at how your outlook can change for the positive.

Belly breathing, 5 - 5 - 5 and 4 - 7 - 8 breathing techniques, and alternate nostril breathing can help you calm down, relax and focus on whatever hardship you're going through.

The 5, 4, 3, 2, 1 grounding technique involves your five major senses. It helps you live in the present moment rather than regretting your past and worrying about the future, two things that can happen when you are processing hardship. You look for five things in your immediate surroundings that you can see. Identify four things you can touch and three things you hear. Then, locate two odors you smell and one thing you can taste.



This grounds you in the present moment.

Body scan meditation starts at either the top or the bottom of your body. You focus on the present moment and notice sensations and feelings from head to toe or in the reverse order. You slowly move through the body and recognize how you feel physically without judgment.

These are a few grounding techniques that clear your mind so you can better cope with disappointment or loss.

Exercise, Physical Movement

Take up a hobby that gets you moving. Make it a group sport, and you benefit from socialization and the many rewards exercise delivers to your mind and body. Regular physical activity can obviously improve the health of your body. Some people don't understand how good it is for improving mental and emotional health.

Exercise regularly, and you clear the cobwebs in your mind. You'll find it easier to process difficult emotions when your mental and physical health is as good as possible.

Seeking Counseling or Therapy

Many of us are reluctant to undertake these two powerful coping strategies. Group counseling or therapy is a good idea if you are intimidated by a one-on-one experience. Of course, when your therapist or counselor deals with only you rather than a group of people, you will get more focused, personalized care.

Just because a coping strategy works doesn't mean it's necessarily good for your long-term health. That being said, the helpful practices we just covered have worked for many people. They are reliable mechanisms for recognizing, accepting, processing, and recovering from life's difficulties.

EMOTIONAL REGULATION AND RESILIENCE: WHAT IT IS AND HOW TO CULTIVATE IT

Regulation means controlling extremes. Emotional regulation is the act of lowering the intensity of emotions that can be harmful, such as anxiety or anger. This doesn't happen until you recognize, accept, and process your emotions.

Healthy resilience is the ability to quickly snap back after encountering disappointment, loss, or another type of hardship. You don't let these situations leave a lasting mark on you. Resilience allows you to positively adapt when life gets tough. It doesn't make you resistant to negative emotions but helps you recover quickly from them.

How does emotional regulation promote resilience? Developing a resilient, bounce-back nature is easier when you limit the extreme emotions you process. Think about it like this. Is it easier to recover from moderate exercise or very intense physical activity?

The answer is obvious.

It's much more difficult to recover from exposure to extreme hardship than moderately difficult experiences. Emotional regulation means taking some time to

look objectively at your emotions. Recognize them even if you don't feel good about them. You accept that they are happening and go through the process.

This regulation of extremely painful emotions takes away a lot of their power. It makes you resilient during this hardship and improves your ability to bounce back from future loss and difficulty.

MODULE 02 - IMPORTANT TAKEAWAYS

- Unhealthy coping techniques can do more harm than good. They might make you feel better in the short term, but they can do long-term damage.
- Healthy coping practices like deep breathing, meditation, mindfulness, and facing a difficulty rather than ignoring it can help you process a painful experience in a healthy way.
- Emotional regulation helps you become more resilient. That means you recover quickly from hardship. It involves recognizing, accepting, processing, and recovering from difficult life situations and the emotions you experience from them. This is emotional healing at its core.

MODULE 02 - EXERCISES

Review how you deal with difficult times, both big and small. Make a list of three coping practices you frequently turn to that aren't very healthy. Keep this list with you and return to it the next time you deal with hardship.

3 Negative Coping Practices	Why They Are Negative

Choose at least three healthy coping mechanisms you would like to lean on in the future. Put the pieces in place to have them ready and waiting when you need their help.

3 Healthy Coping Practices	What I Need to Prepare



Homework: Regulate extreme levels of negative emotions the next time they pop up. See them as keeping you from bouncing back with resilience. You can use your new healthy coping mechanisms to lower these extremes, so they are easier to deal with.

MODULE THREE – JOURNEY TO RECOVERY – IMPLEMENTING HEALING STRATEGIES



In the first module of your eBook, we defined emotional healing and why it's so important for a happy and fulfilling life. We shared how long-term psychological damage can occur if you don't healthily process disappointment and loss. You learned about the stages of a healthy emotional response.

In module two, we gave you an understanding of healthy and unhealthy coping mechanisms. It's important to differentiate between some common ways of dealing with hardship. Some might quickly slap a bandage on your damaged emotions. But in the long run, they do more harm than good. It's always smart to choose a healthier strategy to help you cope with the difficulties you'll experience.

Now it's time to put practices in place that prepare you ahead of time for disappointment and loss. You don't wait until something bad happens and attempt to heal emotionally. You can do these things now to take much of the sting out of future difficulties. Then, turn to them again when turmoil strikes.

HOW TO SEEK PROFESSIONAL HELP: THERAPY, COUNSELING, AND THEIR BENEFITS

Unfortunately, there is still a stigma when people enlist the aid of a psychiatrist or therapist.

You should never be concerned about the opinion of anyone who doesn't matter in your life. Some people you care about might also have an incorrect view of the role professionals provide where your emotional health is concerned.

Group therapy is a very effective treatment for coping with life's difficulties. One of the biggest benefits is that you see other people going through the same issues that you are. When you draw back from people and obsess over your thoughts and feelings, that's not usually a good thing. Putting yourself in the presence of others, hearing their stories, and then sharing your story with them is wonderfully therapeutic.

You may decide to seek one-on-one counseling. You might feel a little uncomfortable opening up about your issues in front of others. That's fine. Do what's best for you and what makes you feel like you are in a comfortable and safe place.

What to Look for in a Counselor or Therapist

A license tells you someone has met certain requirements to practice in a particular jurisdiction. Licensing may differ from one place to another. Rest assured that if some wellness professional is licensed in your state to act as a therapist, they're doing so in a lawful manner. They had to earn that license.

Licensing laws protect all of us. They ensure that rigorous testing and background checks have shown that this individual has earned the right to be a therapist or counselor. Here are a few different licenses to look for.

- Licensed Professional Counselors (LPCs)
- Licensed Mental Health Counselors (LMHCs)
- Psychologists (PhDs or PsyDs)
- Psychiatrists (MDs or DOs)

This is definitely not a be-all, end-all list. Depending on the trauma you are trying to overcome, you may want to turn to a marriage counselor or family counselor.

Once you decide on the type of professional you want to use, you can get Google involved. Run a search for "check a therapist's license" or some variation of that phrase. You'll find numerous links to websites that will reveal if the licensing has expired or been withdrawn.

You can also ask your friends and loved ones what they think. Have they had any experience with therapists? Do they have anyone they would recommend? Thanks to the power of the Internet and your smartphone, online counseling is available if you don't feel like the resources in your area can help.

SELF-CARE AND ITS ROLE IN EMOTIONAL HEALING

Self-care can be defined as taking care of yourself. That's a pretty unsurprising definition, and it has relevancy in different areas of your life.

In a little bit, we'll talk about how exercise, a healthy diet, and smart sleep habits support quicker emotional healing. These are things some people don't connect to a speedy recovery from emotional trauma. They impact your



physical and mental health, making you better prepared to recover from tough emotional experiences.

Self-care prioritizes you over everyone and everything else. That may sound selfish. It is, but in a good way. It's a statement that you care about who you are, and that's a positive feeling. It leads to healthy emotions and can help you accept and recover from disappointment and loss.

Here are a few more powerful self-care practices that help you process and recover from experiences of trauma and the negative emotions they deliver.

Reading

A lot of people find stress, release, and joy from reading. If you're not an avid reader, try this. Promise yourself that you will shut off all outside distractions and read for just 30 minutes every day. Pick a topic that you are really interested in. You might find you're more inclined to enjoy reading than you previously thought.

Listening to Music

How do you feel when you really get into your favorite music? Exactly! You feel invigorated and alive. It takes you to a good place emotionally.

Practicing Gratitude

Gratitude might sound like a reactionary practice, and it is. You express gratitude for what you have in your life or what you have experienced in your past. You'll find that a regular gratitude practice also has creative powers. It seems to magically create more situations in your future that you can be grateful for.

Developing Healthy Boundaries



Putting a fence around your yard doesn't mean you want to keep out the world. It just tells people you want them to respect that boundary. That's what healthy boundaries do. They let others know the borders you expect them to recognize. They lead to better emotional and mental health and healthier relationships.

You can do this by being honest with your friends and loved ones. Address problems directly and as quickly as you can. Decline offers of activities you really don't want to participate in. Express your feelings. Talk openly with people about their behavior when you feel like they have overstepped your boundaries.

Don't Always Say "Yes"

This is one of the most powerful boundaries you can establish when you will say yes and when you will say no. Caring about the important people in your life is wonderful, but not at the expense of never doing enough for yourself. Always saying yes when someone asks you for a favor is a sure path to emotional imbalance.

Take up Journaling

Writing about your feelings and experiences daily can help you process your emotions.

Spend Time Around People That Make You Feel Valued

This should be automatic, but it isn't always that way. Sometimes, we get caught up in unhealthy routines, and we find we are frequently interacting with people

who bring us down. Start prioritizing quality time with people who appreciate your value in their lives.

Laugh and Smile

Seek out activities that make you laugh and smile. Time flies, and you deserve to experience happy emotions as much as possible.

Enjoy an "All about Me Day"

Enjoy a luxurious soak in a hot bubble bath. Spend the day at the beach or a friend's house discussing the wonderful memories you've created together. Take a mental health day from work. Every now and then, you deserve to take a day off and do whatever helps you relax and healthily recharge your batteries.

Give Yourself a Much-Needed Digital Detox

The potential dangers of too much screen time are vision problems, stress, anxiety and depression, poor physical health, and social withdrawal. Those are just a few of the many reasons your emotional health benefits from a digital detox.

Spend Time in Nature Every Day

We've talked before about how therapeutic spending time outdoors can be. Do it frequently, and you might even call it miraculous in its ability to help you cope with difficult life experiences.

Do you have some special way that you take care of yourself? If it's not on this list, but it gives you feelings of peace, stress relief, and freedom from anxiety and causes positive emotional responses like joy, fulfillment, and happiness, start practicing it more. You can't care for the important people in your life if you don't

care for yourself. You also can't heal quickly and properly from emotional trauma if you don't make your own wellness a priority.

THE POWER OF SOCIAL SUPPORT: BUILDING AND RELYING ON A SUPPORT NETWORK

We talked about a healthy support network as a positive coping technique. One of the exercises in module two was to communicate with your support network. Do this regularly, and you improve your chances of recovering quickly from hardship.

How do you build a reliable, emotional healing support group? Here are a few tips.

Join an Online Group

Some top social media sites have support groups to address common issues people experience. You can also run a Google search for the type of support you're looking for.

Talk with Your Coworkers

The workplace can definitely be a cause of disappointment and turmoil at times. If this is the case with you, talk with coworkers you can trust. Find out what they feel about the issue you are trying to handle or about workplace problems in the past.



Meet with the human resources manager. See if creating a mental and emotional health support group at work is possible. If this can't happen for whatever reason, perhaps you and your coworkers could develop a support group away from work.

Talk to Your BFF

Your "best friend forever" could be a source of support when you need it the most. Sometimes, knowing there is just one person who can console you is enough to give you the courage to make it through a difficult situation.

Join or Create a Local Support Group

There may not be a source of support locally for people recovering from some unfortunate experience. If not, why not start one? There is strength in numbers. As we stated earlier, knowing you are not alone can be so important when trying to navigate the many problems life will throw at you.

Meet People Who Have Similar Interests

Do you have any hobbies? If so, do you share your love for them with others? Reach out to these people. You are already involved in something you both agree upon. It could be that they are open to connecting at a deeper level.

Humans are, by and large, social creatures. That means sharing good and bad times with others will feel normal and natural. It is, as well as therapeutic. You have to find a group of people that make you feel safe and supported. You can help each other when you encounter disappointment, failure, and loss.

THE ROLE OF PHYSICAL HEALTH IN EMOTIONAL WELL-BEING: EXERCISE, NUTRITION, AND SLEEP



You can't heal in a vacuum, and that is a beautiful thing. When you work hard to improve your mental health, you'll find that your emotional well-being benefits. This is partly because your brain and nervous system are heavily involved in producing

chemicals and hormones that regulate your emotional responses.

When your emotional health is prioritized, you discover more positive feelings than negative emotions. Feelings of self-love, self-appreciation, and self-confidence make you care about who you are. When you feel this way, you're much more likely to embrace a healthy diet, smart sleep habits, and a regular physical activity schedule.

So, your physical health piggybacks your efforts to enjoy more positive emotions. Your emotions, physical health, and mental wellness depend upon each other. This highlights how important exercise, nutrition, and sleep play in emotional well-being.

Poor sleep habits lead to mental fog and a lack of drive. Studies show that if you don't regularly get seven to nine hours of sleep every night, this influences poor nutrition habits. It also leads to emotional imbalances. Eat improperly, and you won't have the energy to be physically active regularly.

That's bad news because physical activity that is at least moderately intensive elevates your heart rate. You breathe deeper. This improves the amount of oxygen

in your blood. Since your heart beats faster than when you are resting, oxygenated blood moves more rapidly throughout your body.

That oxygenated blood travels to your brain and nervous system. This process begins to regulate hormone production. Feel-good chemicals like endorphins, serotonin, oxytocin, and dopamine are produced. The production of feel-bad chemicals such as cortisol, adrenaline, and norepinephrine are kept in check. They are still created, but they are not overproduced.

This leads to feelings of happiness, self-confidence, and joy and lowers the likelihood that you will experience emotions like stress, fear, anxiety, and depression. This is the perfect emotional healing state.

Your feelings of wellness and your physical exercise make it easier to sleep restfully at night. This, in turn, allows you to wake up rested. You are much less likely to turn to unhealthy food and drinks during the day for an energy boost. Your diet improves, your physical health gets a boost, you sleep better, and that combination positively influences your emotional health.

MODULE 03 - IMPORTANT TAKEAWAYS

- People are often reluctant to seek counseling and therapy for their emotional issues. That's unfortunate because these proven emotional healing methods often work when self-treatment with other coping mechanisms falls short.
- Self-care is all about prioritizing you. When you devote time to caring for yourself emotionally, physically, mentally, and in other ways, this is a sign of high self-esteem and self-love. You are telling yourself that you deserve to be healthy and happy. This makes emotional healing much easier when encountering the many difficulties that will pop up in life.
- Building a support network is vital to emotional wellness. It's easier to create a support team than maintain one. Interact with your support team regularly and be there for them when they need you. Supporting others can be as therapeutic as receiving support from them.
- A healthy diet, smart sleep habits, and regular exercise are vital to emotional well-being. They also deliver important physical benefits, and your physical and emotional states of being are closely intertwined and dependent upon each other.

MODULE 03 - EXERCISES

Look at the list of self-care tips we discussed in this module. Come up with your own ideas as well. Then, incorporate at least three healthy self-care practices into your weekly routine, starting today.

3 Healthy Self-Care Practices	What I Need to Prepare

Create a sleep schedule and stick to it. This should include waking up at the same time each morning. Remove unnecessary sensory clutter and distractions from your bedroom. Limit screen time and consumer electronics exposure for a few hours before bedtime.

Bedtime:	Wake Time:
Nightly Routine	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

FINAL REMARKS



Life is not without difficulty. That could be the understatement of the year or even the century.

By reading this eBook, you won't prevent hardship from showing up in your life. But you have given yourself a great chance at healing from loss, disappointment, and other negative life experiences. You can bounce back from negative emotional incidents and their impact.

You were given a definition of emotional healing and why it's so important if you want to live your best-ever life. We reminded you that emotions drive your behaviors, and those emotions aren't always in a healthy place after you endure some traumatic experience. This can lead to long-term psychological damage if you don't process your emotions properly.

That brings us to the six stages of a healthy emotional response: shock, denial, anger, bargaining, depression, and acceptance. While this is not a guaranteed formula for overcoming difficulties and returning to an emotionally healthy place, they are often experienced by people who quickly and resiliently recover from hardship.

Referring to them when life gets difficult can help you spot any sticking points on your path to recovery.

You learned how to understand and identify healthy and unhealthy coping mechanisms. We shared some helpful coping strategies with you while pointing out some common but potentially dangerous habits people sometimes use to overcome difficult times. These negative coping strategies might work in the short-term, but they can do a lot of long-term damage.

We discussed how regulating negative emotional extremes can speed up your path to resilience. You're more capable of bouncing back from hardship. In the final module of this eBook, you were encouraged to seek professional help if needed. You should never be ashamed of looking after your emotional and mental wellness. The people who are important to you and love you will support this choice.

Self-care has a big role in emotional healing, as does social support. Your physical, mental, and emotional health are all interconnected. That means embracing smart sleep habits, a healthy diet, and a regular exercise program can help you heal emotionally and develop resilience.

Remember this for the best possible overall health and wellness in mind, body, and emotion.

Healing is not linear.

Your healing journey isn't a straight-line, A-B-C journey with a specific finish line. You can't simply practice what we've shared over a specific period to go from unhealthy to healthy.

Life is never going to stop giving you difficult situations to deal with. From time to time, you may even be the cause of turmoil. If you take the time to practice the

proven healing strategies in this eBook and then stop when you feel like you are at a wonderful place emotionally, you'll eventually give in and give up when some serious trauma appears on your radar.

Enjoying your best wellness is an ongoing process. That means you should always use what you've learned to address your emotional well-being. Don't wait for disappointment or loss to interrupt your life. Put these practices to work every day. Incorporate them into your regular routine.

Consciously go out of your way to make them a priority. The things you consciously prioritize in your life will eventually become habits. That's the place you want to reach. Emotional healing and wellness are put on autopilot.

Then, when hardship appears, you unconsciously turn to your healthy coping mechanisms. You consciously address what's happening by working through the six emotional stages that help you process loss and trauma. Every time this happens, your resilience builds. You empower yourself with a better-than-ever ability to bounce back quickly from any difficult life experience.

We wish you and your loved ones nothing but the most wonderful, positive life in every way. While that is our sincerest desire for you, it's unrealistic to expect you to move through life without having to endure the most trying circumstances.

We encourage you to use this eBook as it was intended. It can prepare you to accept, process, and recover from disappointment, loss, and other hardships. That only happens if you incorporate these wellness practices into your everyday life. Take action today for a lifetime of emotional healing and wellness.

To your best health and wellness!