

10 BENEFITS OF EMOTIONAL HEALTH SKILLS



1

SELF-TRUST AND SELF-CONNECTION

Learning to process through the most painful feelings, like regret, rejection and self-berating, builds self-trust. When you're no longer running from your inner world, you gain access to inner peace and self-trust.

2

TRUST AND CONNECTION WITH OTHERS

Us humans need to feel seen, heard and valued (emotional connection) from those we care about. Emotions tell us what we need and want so we can communicate to feel valued and build trusted bonds.

3

HEALTHY RELATING WITH BOUNDARIES

When you learn to feel your feelings and set healthy boundaries, your ability to create healthy relationships unfolds naturally. No more Codependency and Narcissistic-type relating patterns.

4

SENSE OF SELF AND PURPOSE

Emotions give you real-time info and insight only you have access to. Connect with your emotions, connect with your genuine nature, interests and values to align with your sense of purpose.

5

INFORMATION AND DIRECTION

Emotions tell you your likes, dislikes, your values, wants, and limits. Emotions can serve as a compass to navigate life, obstacles and relationships and get direction for creative solutions.

6

SMOOTHER MOODS AND LESS REACTIVITY

Emotions are ever-flowing like ocean waves. When soft, you may not notice. At MEDIUM (or "mood") you become aware. INTENSE emotions are detectable to others, whether you want them to be or not!

Ignoring emotions increases their intensity (anxiety, urges, rage, etc.) and reactive states (outbursts, procrastination, binges, etc.). Processing emotions when they are medium prevents intense emotions and reactivity.



7

HEALING AND LETTING GO

Some emotions, like sadness, slow you to accept and heal. Studies show crying improves your mood 88.8% of the time. Self-Compassion when crying even boosts oxytocin. Self-Compassion crying helps us heal from betrayal, heartbreak, loss, trauma and depression.

8

MENTAL AND PHYSICAL HEALTH

Unprocessed emotions result in what psychologists refer to as 'emotional constipation.' Old, unprocessed feelings can cause chronic nervous system activation (chronic stress), PTSD, insomnia, anxiety disorders, depression, even heart disease, digestive issues, autoimmune and inflammatory disorders and more.

9

CLEARER THINKING AND JOY

You feel and function better when you process emotions to maintain a 'clean subconscious closet' that feels fresh, light and organized, instead of old, depressed, stuck emotions and limiting beliefs.

10

ENERGY AND MOTIVATION

Emotions move us (e-MOTION), igniting hormones for immediate threats within 100 milliseconds to move at = fight or away from = flight. Emotions also help us accomplish goals, like 'desire' motivates to Fight for want we want and 'disgust' drives us to leave (Flight) a toxic job by applying for a better, more fulfilling job.



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If you are experiencing a life-threatening emergency, in danger of hurting yourself or others, feeling suicidal, overwhelmed, or in crisis, you can access the following resources to find help.

If you are experiencing an emergency dial 911

Crisis Text Line www.crisistextline.org

Suicide Prevention 988lifeline.org

National Domestic Hotline www.thehotline.org