

Constructive Ways to Experience & Release Emotion Energy

Benefit: Aids focus on school work plus reduces conflict at home

Emotions are part of our biology, and have a purpose: they guide us to get our needs met. The challenge in our modern world is that most of us never learned to sit with uncomfortable feelings, so we developed protective patterns to avoid/distract, repress/numb or offload them. Offloading is a term from Brene Brown describing the fight stress reaction when we direct emotions AT others in blame, criticism or judgment.

Why is it important to experience emotions rather than avoid them? Emotions give us vital information about what we need, what matters to us. This key link gets broken when we avoid/distract, offload or numb/repress them. **Emotional health** is when we experience emotions in our bodies, listen to what matters/needs and then release the energy, usually in 6-90 seconds.

How to experience and release anger at the sky or ground not AT anyone (anger = something I care about wants to be expressed or stopped):

1. Listen to loud music that matches your feeling tone while you move using punching, kicking out and thrusting motions
2. Whack a towel onto the floor, hard, as many times as you need!
3. Vocalize, yell, wail, grunt, growl!
4. Twist a hand towel tightly and even bite it!
5. Journal. ie. "This is hard! I want it to be different! It should be different!" Feel. Experience the energy of what you are deeply caring about!
6. Vent! Talk to a friend who will listen without fixing or judging

How to experience and release sadness (something wants to be completed or let go of, thought of losing something that matters):

7. Watch a sad movie or curl up in a ball and cry
8. Put on a sad song and move making big sweeping gestures
9. Write out thoughts of something you fear losing, often future thoughts
10. Talk to a friend who will listen without fixing or judging

How to experience and release fear/shame/anxiety/worry (something wants to become known, be seen, get attention):

11. Listen to music and move, especially in a rocking, swaying motion
12. Bounce/jump/shake
13. Write out thoughts of what I'm anxious about, afraid of, that are causing my state of threat
14. Create! Draw, bake, music, imagine, knit, build...
15. Talk to a friend who will listen without fixing or judging