

**DR. RACHEL'S**

**EMOTIONAL  
PROCESS &  
RELEASE  
EXERCISES**

**LEARNING NEW  
WAYS TO WORK  
WITH YOUR  
EMOTIONS**

# MOVING TOWARDS WELLNESS EXERCISE

Negative emotions are part of the human experience! Balance and wellbeing does not mean NEVER feeling sad, angry, resentful, anxious, stressed out or heart broken. What is important to your health and wellbeing is properly learning how to feel these feelings, be present to them in a helpful way and then to process and release them.

Part of this exercise will be to help you identify how YOU best process and release your emotions. Every one is different. Using the techniques within this exercise, try to identify which you find most helpful and then continue to practice it on an ongoing basis.

There are many techniques to assist you in processing and releasing negative emotions. Within this I will introduce you to the following:

- External communication (talking it through)
- 'Breathe Into It' meditation technique
- Movement processing
- Creative processing
- Journal processing

It is my recommendation that you experiment with each of these and see which ones feel most helpful to you.

On the following pages I will provide simple instructions for each of the emotional process and release techniques I have mentioned.

# TYPES OF PROCESSING & RELEASE

## External Communication

Some people find externally processing incredibly helpful. You may or may not be one of these people. Externally processing your feelings means talking them through with someone. This can be a friend, family member or therapist. Be sure that whoever you choose to process your emotions externally with is willing to just listen!! They should also be a safe, kind and loving person.

## 'Breathe Into It' Meditation Technique

This meditation helps you to feel your feelings in a safer and balanced way. It invites you to sit and be present to the emotions.

How to do it:

Sit in a comfortable position. Close your eyes. Focus your attention on your breath for a few minutes. Then ask yourself to allow any negative emotions that are stuck or not yet fully processed to come up to the surface. Sit and be still, continue your deep breathing. As emotions arise, be present to them, even if they feel uncomfortable. Breathe into it. Allow the emotions to empty out of you like waves rolling onto the shore.

# TYPES OF PROCESSING & RELEASE CONT.

## **Movement Processing**

Some people find it helpful to 'get the emotions out' of their body through physical movement. This can be any number of types of movement, but the following tend to be helpful movement processing techniques:

- Dancing it out
- Going for a run
- Going for a hike or a walk
- Yoga flow class or a restorative yoga class
- Playing a sport

How to do this exercise:

Decide on your preferred movement type. Schedule it in a safe environment. When you begin, take a few deep breaths and connect with your emotions, allow them to rise up to the surface and then **MOVE** your body! Allow yourself to physically process and release the emotions.

# TYPES OF PROCESSING & RELEASE CONT.

## **Creative processing**

Some people find processing their emotions creatively to be hugely beneficial. You do not need to have any talent or creative skills at all for this form of process and release to work for you.

Again, as with the movement options, there are many! Here are a few that tend to be effective in processing and releasing emotions:

- Flinging paint onto a canvas
- Finger painting or any other type of painting or drawing
- Singing
- Playing a musical instrument (you can even just bang on a hand drum!)
- Listening to beautiful music while visualizing
- Beading or stitching

How to do this exercise:

Decide on your preferred type of creativity. Schedule it in a safe environment. When you begin, take a few deep breaths and connect with your emotions, allow them to rise up to the surface and then let the creative adventure begin... just let it flow without judgement! Allow yourself to creatively process and release the emotions.

## **Journal Processing**

Some people find processing their emotions by writing in a journal to be helpful and therapeutic! Simply grab a notebook or a journal, carve out some alone time and begin to write about your feelings. Again, let it flow without judgement!!