

# KEYS TO EMOTIONAL WELLBEING

***TALK! TALK! TALK!*** This is the first and most important thing to do!

Why ***Talk?***

Firstly

the tongue is the handle that opens the door to locked-up emotions. Unspoken emotions just get wound up tighter and tighter and can build up to explosive proportions.

Secondly

talking defuses the emotional build-up and helps to process the emotions in a more healthy way. It is a safety valve to stop us doing something rash which might cause great pain to ourselves and those we love.

Thirdly

it is a way to tap into the wisdom of others who have more experience of handling difficult emotions.

Who should you ***talk*** to?

Yourself

Acknowledge that you have a problem and you need help.

Your Doctor

Your GP will be able to give you a good physical check-up and guide you to any professional help you may need.

A Trusted Friend

Tell someone you trust just how you feel. A problem shared is often a problem halved. It helps you to feel supported and not facing it alone.

A Counsellor

Professional counsellors are trained and experienced in helping people who are in distress.

God

Draw on spiritual help and strength by pouring out your heart to God.

**Don't factor God out of your support system. Activate your faith and you will find new hope.**