



# 5 Ideas for Emotional Healing



## Allow Yourself to Feel

Suppressing emotions blocks healing. Let yourself cry, write, or sit with what arises.



## Write a Letter You Don't Send

Write to someone who hurt you (or to your past self). Then burn it, rip it up, or keep it for closure



## Affirm Your Worth

"I am safe to feel."

"I honor my emotions and let them flow."

"I am healing and growing every day"



## Visualize Releasing Pain

Close your eyes and imagine placing your hurt into a glowing balloon. Watch it float away



## Create a Comfort Ritual

Soft music

Warm tea

Cozy blanket

Essential oils



# Emotional Healing Ideas

**L Darling-Hammond**



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