

Its time for you to experience.....

“EMOTIONAL WELL-BEING”

For you to develop a state of emotional well-being certain dynamics need to be operating within you.

AWARENESS OF FEELINGS, THOUGHTS AND HOW YOU BEHAVE.

At any given moment stop and notice what your feelings and thoughts are and how it affects what you are doing. You will be surprised at the range of emotions you experience in a day.

PERMISSION TO HAVE YOUR EMOTIONAL EXPERIENCES.

Don't necessarily assume that we all have entitlement to feel. Somewhere along the way you may have been discouraged to feel and express and you may be more familiar with putting feelings away, believing they were not worthy to have or have experienced negative consequences as a result of doing so. Acknowledging and expressing our feelings to ourselves first before they land on others, allows us to be wiser about what appropriate action to take. Emotions tell us truths about ourselves. Give yourself permission to feel.

Let yourself receive direction.

POSITIVE SELF-EXPERIENCE.

Do you walk through your day enjoying the person you are? Viewing yourself worthy of what life has to offer and treating yourself with care? Or do you paint a different picture in which you place yourself and have others see you? Without this dynamic active, life becomes a struggle and emotional well-being slips away.

AUTHENTICITY.

Being real about who you are, what you feel and value and in relating to yourself and others, is a powerful dynamic that helps you live a full rather than half-filled life. You are doing yourself and those lucky enough to be around you a big favour. It is far easier to engage with life from our real selves.

*I invite you to take the time with me to maintain
your.....EMOTIONAL WELL-BEING.*

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Read: AWARENESS- The Key to Living in Balance OSHO .NY. 2001

Q: How can I overcome my fear of upsetting someone if I need to tell them how I feel? I'm afraid they will reject me.

A: It is important that you acknowledge to yourself what you feel and know its value of expression in the circumstances. If you decide it is appropriate and important to you it then comes down to being thoughtful about how you do it. Your body language and voice tone, clarity and pacing count for a lot in getting your message across. Keep eye contact, be clear and simple and say it in a way that shows you own what you feel. It is not attacking or blaming.

"Fear is a natural reaction to moving closer to the truth" Pema Chodren- When things Fall apart"