



Wishing Well Works  
CORPORATE WELLNESS



*WEEK 3*

# SERIOUS SELF-CARE WORKBOOK

UNDERSTANDING &  
REGULATING YOUR  
EMOTIONS



# *REGULATING YOUR* EMOTIONS

EMOTIONAL REGULATION IS THE ABILITY TO IDENTIFY AN EMOTION AND MANAGE OUR INTERNAL RESPONSE TO THAT EMOTION. PEOPLE WHO CAN REGULATE THEIR EMOTIONS ARE MORE CONFIDENT, HAVE HEALTHIER RELATIONSHIPS, AND HAVE HIGHER LEVELS OF SELF-TRUST. THE PRACTICE OF EMOTIONAL REGULATION ALLOWS US TO ACTIVELY CHOOSE HOW WE RESPOND TO OUR EMOTIONS RATHER THAN LETTING OUR EMOTIONS CONTROL OUR BEHAVIOR.

TO START REGULATING YOUR EMOTIONS,  
TAKE THE FOLLOWING STEPS:

## LABEL THE SENSATION IN YOUR BODY.

EX: I FEEL HEAT IN MY CHEST, I FEEL  
TINGLING IN MY BELLY, I FEEL MY  
HEART RACING RIGHT NOW.

## NAME THE EMOTION

EX: I AM FEELING ANXIOUS RIGHT  
NOW. I AM FEELING REJECTED OR  
LIKE I AM NOT GOOD ENOUGH. I AM  
FEELING AFRAID. NOTE: THIS IS  
DIFFERENT THAN "I AM..."

## BREATH TO CREATE SPACE

EX: BEGIN TO TAKE SLOW DEEP  
BREATHS FROM THE BODY (MAKING  
THE EXHALE LONGER) SLOW  
BREATHING HELPS STABILIZE THE  
NERVOUS SYSTEM.

## SELF SOOTHE

EX: JOURNAL YOUR FEELINGS, CALL  
SOMEONE TO SUPPORT YOU, SIT  
WITH OR CUDDLE A PET, SPEAK  
KINDLY TO YOURSELF, TAKE A  
WARM BUBBLE BATH, SIT IN THE  
SUN, MOVE YOUR BODY.



# SILENCE YOUR

# INNER CRITIC

## HOW CAN WE TURN SELF-CRITICISM INTO SELF-UNDERSTANDING?

TO HEAL, WE MUST STOP BEING A CRITICAL ADULT TO OURSELVES. WE NEED TO HAVE THE COURAGE TO MAKE MISTAKES, TO "FAIL"- TO NOT BE "PERFECT" AND TO STILL NOT ABANDON OURSELVES. IN WHAT WAYS CAN YOU GRANT YOURSELF MORE UNDERSTANDING THAN CRITICISM?

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## UNDERSTANDING OBSESSIVE PERFECTIONISM

IN WHAT WAYS IN YOUR CHILDHOOD DID YOU FEEL YOU HAD TO BE PERFECT IN ORDER TO BE LOVED AND ACCEPTED? HOW CAN YOU REMIND YOURSELF THAT YOU ARE LOVEABLE JUST BECAUSE YOU ARE YOU?

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# UNDERSTANDING YOUR

# PATTERNS

PATTERNS ARE BEHAVIORS WE REPEAT THROUGHOUT LIFE. BECAUSE PATTERNS CAN BE PASSED DOWN, INHERITED AND LEARNED, IT IS HELPFUL TO FIRST LOOK AT OUR PARENTS, SIBLINGS, UNCLES/AUNTS AND CLOSEST FAMILY MEMBERS AND ASK THE QUESTIONS BELOW. THEN ANSWER THE SAME QUESTIONS ABOUT YOURSELF. TRY TO BE HONEST IN AN EFFORT TO UNDERSTAND YOURSELF AND NOT TO JUDGE YOURSELF.

1	CAN THEY REGULATE THEIR EMOTIONS? OR DO THEY REGULARLY LASH OUT, GIVE SILENT TREATMENT, ETC.	ARE YOU ABLE TO REGULATE YOUR EMOTIONS?
2	WHAT'S THEIR RELATIONSHIP HISTORY? MOSTLY HEALTHY? MOSTLY DYSFUNCTIONAL?	WHAT IS YOUR RELATIONSHIP HISTORY?
3	WHAT ARE THEIR COPING MECHANISMS? DENIAL/AVOIDANCE? ANGER? DISTRACTING ONESELF?	WHAT ARE YOUR USUAL COPING MECHANISMS?
4	HOW DO THEY SPEAK ABOUT THEMSELVES/OTHERS? POSITIVE? NEGATIVE? JUDGMENTAL?	HOW DO YOU SPEAK ABOUT YOURSELF?
5	HOW IS THEIR RELATIONSHIP WITH THEMSELVES? DO THEY: PRACTICE SELF-CARE? HAVE BOUNDARIES? RESPECT BOUNDARIES?	HOW IS YOUR RELATIONSHIP WITH YOURSELF?

