

# EMOTIONAL RELEASE PLAN

A Guide to Understanding and Managing Your Feelings

## Check-In

- What am I feeling right now?
- What triggered this feeling?

## How It Shows Up

- What do I notice in my body?
- What thoughts are coming up?

## Safe Ways to Release

Choose activities that resonate with you:

- Deep breathing
- Writing/journaling
- Talking to someone
- Movement (walk, stretch)
- Music
- Crying
- Creative expression (art, drawing)
- Quiet rest
- Other: \_\_\_\_\_

## My Go-To Plan

- Today, I will try:

- When will I do this?

## **Support System**

- Who can I reach out to if needed?
- One message I could send:

## **After Release Reflection**

- How do I feel now?
- What helped the most?
- What did I learn about myself?

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### **Remember:**

“It’s safe to feel. It’s healthy to release.”

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