

HOW TO DEAL WITH  
NEGATIVE EMOTIONS

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# Practicing Self-Care



#DiscoverYourLight

# HOW TO DEAL WITH NEGATIVE EMOTIONS

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## IMMEDIATE COPING SKILLS

Relax with deep breathing  
Use positive self-talk  
Visualization

## DAILY SUPPORTIVE ACTIVITIES

### PLEASURABLE JOYS

Listen to music  
Enjoy a warm bath  
Laugh often

### EMOTIONAL WELLBEING

Think optimistically  
Nurture a positive self-image  
Express feelings in honest, fair and direct ways  
Write in a journal

### PHYSICAL NOURISHMENT

Be physically active  
Get plenty of rest  
Eat a variety of foods

### SOCIAL CONNECTION

Volunteer time to a worthy cause  
Spend time with family, friends & pets  
Do kind deeds to others

## LIFELONG FOUNDATIONS

Develop a sense of fulfillment from hobbies or work  
Make time for meditation /prayer

Connect with nature  
View life's changes as opportunities

Connect with a higher power  
Reflect on your personal values

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CENTER FOR WELLBEING