



# EMOTIONAL SELF-CARE GUIDE

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*A guide to identifying,  
processing and  
nurturing your emotions.*

**HOLLY SOULIE**



**HELLO!  
I'M HOLLY.**



***EMOTIONAL WELLNESS BLOGGER***

**THANK YOU FOR DOWNLOADING THIS FREE  
GUIDE FOR IDENTIFYING, PROCESSING &  
NURTURING YOUR EMOTIONS.**

**I'VE FOUND THAT THE MORE I NURTURE MY EMOTIONS, THE MORE  
THEY BECOME A STRENGTH, AN INNER COMPASS THAT GUIDES ME  
THROUGH MY LIFE.**

**OUR EMOTIONS, JUST LIKE OUR BODIES, NEED REGULAR CARE AND  
HYGIENE TO STAY HEALTHY. USE THIS GUIDE TO TAKE CARE OF  
YOUR EMOTIONS AND HAVE OPTIMAL EMOTIONAL HYGIENE.**

***FOR MORE RESOURCES VISIT MY WEBSITE, [HOLLYSOULIE.COM](https://hollysoulie.com)***

# HOW DO I FEEL?

*A self-assessment to help identify emotional discomfort*

GIVE EACH LIFE FACTOR A RATING  
BASED ON HOW IT MAKES YOU FEEL.

<b>L</b> <i>Light or positive</i>	<b>H</b> <i>Heavy or negative</i>	<b>N</b> <i>Neutral, no feelings arise</i>
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<b>LIFE FACTOR</b>	<b>L</b>	<b>H</b>	<b>N</b>
THE BASICS			
WORK			
HOME			
FINANCES			
RELATIONSHIPS			
GOD/UNIVERSE			
PARTNER/SPOUSE			
CHILDREN			
FRIENDSHIPS			
PARENTS			
SIBLINGS			
COWORKERS			
BOSS			
PHYSICAL HEALTH			
DIET			
FITNESS			
GENERAL HEALTH			
PASSIONS			
HOBBIES			
RELAXING			



# A GUIDE TO BASIC EMOTIONS

What's behind some of our most basic emotions.



EMOTION	MEANING
Depression	BURIED ANGER YOU DON'T FEEL JUSTIFIED IN HAVING
Anxiety	SIGNAL TO PAY ATTENTION TO YOUR FEARS AND ADDRESS THEM <u>NOW</u>
Jealousy	YOU WANT WHAT SOMEONE ELSE HAS, BUT YOU DON'T FEEL LIKE YOU DESERVE IT
Resentment	YOU ALLOWED YOUR BOUNDARIES TO BE VIOLATED
Bitterness	YOUR ANGER HAS HARDENED AND YOU'RE HOLDING ONTO OLD HURTS
Anger	SHOWS WHERE YOUR BOUNDARIES ARE, WHERE YOU <u>NEED</u> CHANGE
Shame	YOU'RE INTERNALIZING WHO OTHER PEOPLE THINK YOU SHOULD BE
Guilt	YOU'RE TRYING TO REACH OTHER'S EXPECTATIONS, BUT THEY AREN'T IN HARMONY WITH WHAT YOU TRULY WANT
Sadness	SHOWS WHAT YOU LOVE AND CARE ABOUT
Disappointment	SHOWS YOU ACTUALLY TRIED AT SOMETHING YOU VALUED

# EMOTIONAL SELF-CARE PRACTICES

*Ways to process and nurture your emotions.*



<b>TECHNIQUE</b>
PERSONAL
<b>JOURNAL</b>
<b>MEDITATION</b>
<b>BE IN NATURE</b>
<b>DRAW OR MAKE ART</b>
<b>WRITE LETTER TO GOD</b>
<b>LISTEN TO HAPPY MUSIC</b>
<b>TAKE A FLOWER ESSENCE</b>
CONNECTION
<b>CALL A FRIEND</b>
<b>MEET UP WITH FRIEND</b>
PROFESSIONAL
<b>SEE A THERAPIST</b>
<b>SEE A DOCTOR</b>
<b>GET A MASSAGE</b>
ALTERNATIVE HEALING
<b>REIKI</b>
<b>ANGEL READING</b>
<b>ACUPUNCTURE</b>
<b>EXPLORE OTHER METHODS</b>