

Feelings are signals, nothing more, nothing less.

The problem is, few of us have been taught to recognize our feelings, much less process them regularly. As a result, plenty of troublesome feelings get stuck and start swirling around within us muddying up our thoughts, our health, and our relationships.

Emotions are energy and are meant to do a task and then move on. The best way to deal with your feelings when they arise is to: Notice it, Feel it, Release it!

Notice it	Feel it fully	Release it
Hello worry or I'm afraid or I'm feeling really angry	Locate where it is in your body and unleash it or let it expand through you	Use your favorite method to process it

Warning: Most thoughts only feed the fire - stay out of your head!

Call it out "I feel you fear. Thank you for trying to keep me safe – I've got this. You can go now."

Sound it out Tap into what you are feeling and let whatever sound feels right come out: hiss, wail, tone, chant, puff, howl, om... Laughter and tears also help!

Move it out Use motion to get the feelings flowing. Dance, stomp, sway, jog, walk, chop wood. Qi Gong, Yoga, Tai Chi and breath work are also great tools.

Write it out Write a letter, article, or journal ... Just remember this is for you to express not to publish.

Talk it out Tell significant people what's up. "I'm feeling grouchy today... I'll do my best not to snap at you and would appreciate if you could give me space as well." Or, have a conversation with a trusted friend, "I need to vent about what I'm feeling, mind if I share it with you – your only job is to listen?"

There are plenty of other ways to process feelings and only you know what will work for you on any given day. Playing an instrument, painting, drawing, getting out in nature, can all be helpful tools and you can even blend some different ideas together.

You'll feel lighter, more relaxed and centered after you release stuck feelings. You'll also notice you can talk about whatever it was without any emotional charge whatsoever.

If you're new to this, don't be surprised if soon after releasing pent up feelings other emotions rise to the surface to be dealt with as well. This is a good sign... you might as well get it all!

Listen to the podcast: [Making Emotions Move](#) for further explanation and ideas for each category.