

EMOTIONAL WELLBEING

What to Do with Intense Emotions

These days, a lot of things can trigger intense emotions. Political, social, and cultural topics often bring a wide variety of perspectives and discourse. What you choose to do with your strong emotions when they show up is what matters most, particularly where your health is concerned.

Although it can be tempting to want to suppress strong emotions, ignoring them can have a negative effect on your health. A better solution is to find healthy ways to release them.

Here are some positive ways to manage your emotional energy:

Physical Activity

Moving your body is a simple way to release tension and shift your mindset. As you move, your body releases feel-good endorphins that help calm your emotions.

Therapy

Discussing your feelings with a trained therapist or trusted friend can be helpful when you need to process or work through a complicated situation.

Acupuncture

While the [research](#)¹ is still inconclusive, mostly due to the small number of subjects in studies conducted to date, there is some evidence that acupuncture can alleviate pain and anxiety by increasing endorphins.

Journaling

Because [therapeutic journaling](#)² requires the use of both left brain and right brain functions, it is an effective way to process challenges and reduce the intensity of emotions.

Primal Therapy

Scream therapy, or [Primal Therapy](#)³, has been used by clinical psychologists for decades to treat anxiety, depression, and trauma. While it is an unconventional method, it has been shown to be effective for some.

Meditation

[Research](#)⁴ has shown that mindfulness-based stress reduction (MBSR) techniques, such as meditation, can be an effective coping strategy when it comes to regulating emotions.



Learning how to manage stress is an important part of your wellbeing. Experiment with a few different emotional management strategies to find out which ones are most effective for you.

1. <https://www.health.harvard.edu/healthbeat/relieving-pain-with-acupuncture>
2. <https://psychcentral.com/lib/the-health-benefits-of-journaling/>
3. <https://www.psychologytoday.com/us/blog/in-therapy/201002/cool-intervention-3-primal-therapy>
4. <https://www.sciencedirect.com/science/article/pii/S1877042814024161>