



# Walker Therapy Services

## HOW TO FEEL BETTER EMOTIONALLY

- Pay attention to the emotions you are feeling
- Do not ignore your feelings (don't be dismissive of them)
- Journal your feelings
- End your journal, vent, or meditation with positive emotions
- If you're experiencing trauma seek a professional for help
- **DO NOT ATTEMPT TO NAVIGATE STRONG EMOTIONS/TRAUMA ALONE!**
- If you do not like your therapist it is okay to shop around for a new one