



Healthy Ways to Express Tough Feelings

Don't suppress negative emotions, no matter how intense. Whether you're feeling slightly off or emotionally overwhelmed, expressing your emotions in a healthy way helps you process them, gain perspective, and feel more in control

Here are methods you can use to deal with negative emotions based on emotional intensity.



Low Intensity, feeling a little off

- ☐ **Practice journaling** for 5-10 minutes and let your thoughts flow freely. Try not to edit or erase your work.
- ☐ **Go for a walk** to relieve your mind of negative or stressful thoughts.
- ☐ **Create a soothing environment** with soft lighting or calm music.



Moderate Intensity, feeling stuck or stressed

- ☐ **Practice meditation.** Sit in a quiet space for 10 minutes and list your feelings without judgment.
- ☐ **Immerse yourself in a common task.** Try cleaning your space, doing the dishes, or making your bed to reset your emotions.



High Intensity, feeling overwhelmed

- ☐ **Use grounding techniques** such as playing a memory game to help redirect overwhelming thoughts. Start by looking at a photograph, then close your eyes and recreate the picture in your mind with as much detail as possible.
- ☐ **Reach out to a friend or loved one.** It can help to have someone who will listen to you and support you in challenging moments.

Remember, if you are experiencing suicidal thoughts, call 988 for immediate help from the suicide and crisis lifeline.



Call **1-888-287-2680**, Monday through Friday, 8 a.m. to 5 p.m. We can match you with a mental health specialist in your area or help you find addiction treatment.

For help after hours, call us at **1-800-297-6877** so we can evaluate your symptoms, provide next steps, or contact an on-call psychiatrist.



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Sign in to [kp.org](https://www.kp.org) to get started.



Headspace Care (formerly called Ginger) offers 1-on-1 emotional support coaching and self-care activities to help with many common challenges. **Sign in to [kp.org](https://www.kp.org) to get started.**