

5 simple ways to support your emotional wellbeing.

Feel it. Understand it. Work with it.

Over the past 10+ years, through my own self-reflection, awareness, and emotional processing, I have learnt that our emotions aren't the problem. They're simply information.

We are humans, and experience a variety of different emotions in our lifetime; **stress, anger, sadness, fear, overwhelm, frustration, self-doubt**. Emotions are healthy, and are a way for us to reconnect back to ourselves and our needs. It can help us navigate life, and align us with the right people, places, and things to help support our overall wellbeing.

Societal conditioning and generational patterns may have taught us to suppress our emotions, distract ourselves from them, or simply not know how to process them. In doing so, we often invalidate our own experiences, which can lead us to invalidate the experiences of others. When we don't know how to hold space for ourselves, we can't expect others to know how to do the same for us.

But...emotions are not weakness to overcome, suppress, distract from, or invalidate. They are signals to understand, and make friends with.

Learning to recognise what you feel and why you feel it, can help change the way we respond to life, to ourselves, and others – with more curiosity, compassion, and grace.

Here are a few ways I have learnt to support my emotional wellness, and I hope there is something in here that can support you too.

1. PAUSE BEFORE YOU REACT

When emotions feel intense, give yourself a moment.

Take a breath. Slow things down. Ask yourself:

“What am I feeling right now?”

You don't have to solve everything immediately. Sometimes the most powerful first step is simply creating space.

2. NAME THE EMOTION

Try to move beyond “I feel bad” or “I’m stressed.”

Could it be hurt, disappointment, anxiety, loneliness, resentment, fear, frustration or overwhelm?

Putting a name to an emotion can help you understand what is really happening beneath the surface. If naming the emotion doesn't come naturally, or you're unsure, you can refer to the emotions wheel below (you can find these on google by searching 'emotions wheel'), which will give

you a whole spectrum of emotions to choose from – this really helps me support my mentoring and coaching clients to identify what they are feeling, as well as when I host my art workshops.

3. GET CURIOUS, NOT CRITICAL

Instead of asking:

“What’s wrong with me?”

Try:

“What is this emotion trying to tell me?”

Perhaps you need rest. A boundary. Reassurance. Connection. Change. To be heard. Or simply permission to acknowledge that something is difficult.

Often, what I find when speaking to my clients is that growing up, they may have been shamed or criticised for showing emotions (this can include positive emotions like joy, excitement, and passion – it’s not always the more challenging emotions that people can be shamed and criticised for), so naturally over a significant amount of time, they learnt to self-blame, shame, and judge themselves for feeling anything, and weren’t taught how to process them in a healthier way.

Shifting the questions, and becoming more curious about ourselves (without judgement), can make a huge difference to being able to understand ourselves, and be more able to find the right method to support that particular emotion.

4. NOTICE YOUR PATTERNS

Emotional wellness isn’t only about what happens in the moment; it’s also about recognising that suppressed emotions and unprocessed experiences can resurface later, even when we believe we’ve already “dealt with them” or “moved on.” Our bodies often hold onto what our hearts haven’t yet had the chance to fully process and release, reminding us that healing isn’t always linear.

Notice what tends to trigger you, how you respond, and what happens afterwards.

What keeps repeating?

Awareness creates choice, and choice creates the opportunity to respond differently.

Something I have learnt to do for myself (and now offer as a helpful practical tool for my clients) is to, grab a notebook and pen and write down anything that has triggered me (even if it feels minor or small, it is still valid and important to note down) in the last week.

Then, once the trigger is identified, I ask myself... **“how did I respond to xxx?”** Did I like it, did it make me feel good or not so good?

Lastly, if some of my responses aren’t ones I would like to repeat again, I would then ask... **“what can I do differently next time?”** And write down alternative ways I can respond the next time I’m faced with a similar situation or feeling.

It doesn’t have to be big changes, sometimes the small pauses or tweaks to how we respond to someone or something can make a significant difference. The more we practice, the better we

become. And...there is something to be said about how proud you can feel about yourself for noticing your patterns, and actively trying something different for a healthier outcome.

Notice —> Response —> Action

5. DON'T DO IT ALL ALONE

Talking things through with someone who listens without judgement can help you make sense of emotions that feel confusing or overwhelming.

You don't need to wait until things reach crisis point to seek support.

You can work on understanding yourself simply because you want to feel more balanced, confident and in control of your life.

A QUESTION TO TAKE WITH YOU

“What am I feeling, what might be underneath it, and what do I need right now?”

You don't need to have the perfect answer.

Start with curiosity.

Your emotions are part of your story, they don't have to control the next chapter.

About me:

I'm Nesha (pronounced Nee-sha), the founder of **Nesha Canvas Creations**, an **Artist, Emotional Wellness Mentor, and Personal Development Coach**, passionate about creating safe, accessible spaces that support emotional and mental wellbeing.

After coming close to taking my own life, I found myself searching for something that could help me stay. What I discovered, and slowly returned to, was creativity. That experience shaped **my mission: to reconnect people with joy and creativity, and help them feel less alone.**

How I support people:

I help people slow down, understand what they're experiencing, recognise emotional patterns and develop practical ways to move forward with greater clarity and self-awareness.

If you're ready to understand yourself differently, let's explore what's underneath the surface.

Coaching and mentoring are not a replacement for medical or psychological treatment. If you are experiencing a mental-health crisis or feel at risk of harm, please seek appropriate professional or emergency support.

For more information about me, what I offer, and feedback from previous clients, you can visit my website www.neshacanvascreations.co.uk.

