



Well Being Newsletter

14TH AUGUST

Understanding Your Emotions: Why It's Okay Not to Be Okay

INTRODUCTION

Emotions are our inner guide — they signal what matters to us, what we need, and when we need to pause. But in today's fast-paced world, we often ignore or suppress our feelings to keep up appearances.

Let's change that narrative. It's okay to not be okay. It's okay to feel overwhelmed, sad, confused, or unsure. These emotions are valid — and they deserve to be seen and understood.

WHAT ARE EMOTIONS, REALLY?

Emotions are complex psychological and physiological responses to our thoughts, experiences, and surroundings.

- Primary emotions: happiness, sadness, fear, anger, surprise, and disgust.
- Secondary emotions: shame, guilt, pride, jealousy — which often come from how we interpret our primary emotions.

How to Understand Your Emotions

STEP 1: IDENTIFY THE EMOTION

Name It: Try to describe what you're feeling.

- Is it anxiety?
- Frustration?
- Loneliness?



STEP 2: TRACE THE SOURCE

Notice the Trigger: Ask yourself.

What happened before I felt this way?

STEP 3: JOURNAL YOUR EMOTIONS

Accept Without Judgment: Don't label emotions as good or bad. They are just information.



"You can't heal what you don't allow yourself to feel."

BE KIND
TO YOUR
MIND

The Feelings Jar Technique

A simple, effective tool to help you recognize and process emotions.

What You Need: A clean jar or box Paper slips and a pen



HOW IT WORKS:

- Write Down a Feeling whenever you feel a strong emotion.
- Fold it and place it in the jar.
- At the end of the week, open 1-2 slips and reflect.

Ask: What caused this? What helped? What can I do differently?

This technique builds emotional awareness, offers emotional release, and helps track how your feelings change over time.



HOW TO COPE WITH EMOTIONS

Breathe Mindfully: Try box breathing (Inhale-4, Hold-4, Exhale-4, Hold-4).

HOW TO COPE WITH EMOTIONS

Take Breaks: Nature walks, music, naps, or alone time help recharge your mind.

HOW TO COPE WITH EMOTIONS

Express Through Writing or Art: Don't bottle it up.

HOW TO COPE WITH EMOTIONS

Talk to Someone You Trust: Vulnerability is not weakness.



Supporting Others Emotionally

Listen without interrupting.
Avoid saying “don’t feel that way” — instead, say “I understand.”
Give space when needed and check in gently.

Remember: Everyone’s healing timeline is different. Be kind.

EMOTIONAL SELF-CARE HABITS

- Journaling your feelings
- Practicing gratitude
- Limiting screen time
- Getting enough rest
- Connecting with people who uplift you



FINAL WORDS

Take it one day, one emotion at a time.
You’ve got this — and we’re here with you.

FINAL WORDS

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Dear reader, you’re allowed to feel deeply.

You’re allowed to not have it all together.

Emotions don’t make you weak — they make you real.

CONTACT OUR COUNCELLOR

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