



# Managing negative emotions

## 5 healthy strategies for moving forward

Holding on to negative emotions for longer than you need to can impact your daily life. Over time, it can affect your long-term health too. But there are ways to let go of negative emotions and move forward. Here are some helpful tips.

Note: The advice given here is for people dealing with everyday life stresses. Those recovering from the effects of abuse, violence, or other trauma may need additional help from a mental health professional.

### 1. Identify the emotion

Is it anger? Jealousy? Resentment? Identifying emotions accurately is a big part of learning how to handle them.

### 2. Remember that emotions aren't "bad" or "good"

Negative emotions may be uncomfortable, but they're still important. For example, fear can help keep you safe from danger, and anger can alert you to something that needs to change.

### 3. Feel the feeling for a bit, without judgment

Sit with the feeling, but don't act on it. Paying attention this way can help you accept the emotion and let it go.

### 4. Offer yourself some perspective

Will you feel the same way a month from now? A year from now? Try coaching yourself by saying things like, "Feelings come and go, and this one will pass too."

### 5. Practice releasing the emotion (and releasing yourself from its grasp)

Letting go of an emotion doesn't mean ignoring it. It means that after you accept an emotion, you can stop carrying it. Try a controlled breathing exercise to calm intense emotions: inhale through your nose for a count of three, hold for two, then exhale through your mouth for a count of four. Repeat cycle a few times.



**Want to  
learn more?**

Go to  
[Blog.PacificSource.com](https://Blog.PacificSource.com).



Copyrighted material adapted with permission from Healthwise, Incorporated.