“A problem shared is a problem halved!”

Sharing emotions in order to vent can be extremely beneficial, to reduce levels of stress, frustration and anger.

But, sometimes, for some reasons, you find it difficult or impossible to share your emotions with other people. In this case communicating with yourself is also helpful!

Keep a Journal and find connections between yourself, your emotions and the events.

Try expressing through Art. May it be dance, music, painting, or photography – it removes the need to find words for your emotions and connects you to your emotions deep inside your body.

Try to pen down your feelings in artistic way like a poem or story. It brings you to a new way of understanding your emotions.

But, please, be aware that merely writing about your pain or judging yourself harshly may make you feel worse. So you need to approach your emotions with self-compassion!

**Taking responsibility is not the same as blaming.**