



Blossom
out of a
Bad Day

IN 6 EASY STEPS

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STEP 1

VENT IT OUT

Okay...spill the beans. What happened? What is it that has triggered these awful feelings? Physically write it all down here. This will help bring clarity! So don't hold anything back. We'll tap them out in a little bit.

A large, empty rectangular box with a thin grey border, intended for the user to write their response to the prompt above.

STEP 2

RECOGNIZE the EMOTION

Now I want you to list every single emotion you are feeling. Dig deep! Get specific! Pick a number from the Emotional Guidance Scale (it's on the page after step 5) that matches the emotions you are feeling now and write it in the small box below.

An example: would be to look at the Guidance Scale and what your feeling will probably be on the downward spiral. Lets say you check in with yourself & decide you are just really angry. You would write that below with the #17 in the box from the scale. This is important to get this clarity, cause at the end of this workbook you'll check in again, checking the scale and how you feel to see if the # has gone down. You may be feeling more than 1 emotion, that's ok. Write them all down

So what emotions are you feeling right now? Are you jealous? Pissed? Scared? Depressed? Overwhelmed? Just feeling freaking negative and can't get out of it? Its ok? Honestly write it all here.

GS #

With the strongest emotion you are feeling in the box.

Now DESCRIBE these emotions you are feeling. What color do each of these emotions take on? What size are the emotions? (Size of a baseball, basketball or an enormous cloud over you?) Does it have a specific shape like a blob, knife, pointing finger?

Keep writing as you describe these emotions fully:

STEP 3

RECOGNIZE the PHYSICAL

Now lets add more to this list of emotions you are feeling. This time I want you to disassociate from the emotion & observe from 3rd person.

Where in your **BODY** do you feel the emotions you've already described? Is it in your head? Shoulders? Stomach? Chest?

***Examples:** feeling "annoyed" is causing my head and eyes to ache. Feeling tense between my eyebrows. Jaw is sore from clenching it etc.*

STEP 4

TAP IT OUT

Now let's LET IT ALL GO BY TAPPING IT OUT!



STEP 1 AWARENESS

Go back to steps 1-3 to use in your tapping. You've done a great job at describing how you feel emotionally & physically. You've gained awareness & clarity and are now ready to release it from every cell of your body.

STEP 2 BALANCING

Start with karate chop point: Tap that spot while saying 3 times:
"Even though I am feeling _____ (short description of issue or emotion),
I still love & accept myself."

STEP 3 CLEARING

Now Tap about 7 times or so on each tapping point with 2 fingers, as you read what you have written. All your venting and description of your feelings. You can add what ever comes to your mind as you go.

Go till you feel some relief. You can start adding, releasing it from every cell of my body and letting it go. *Go to my Free Resource page for an EFT How-To E-Book for more help.*

STEP 5

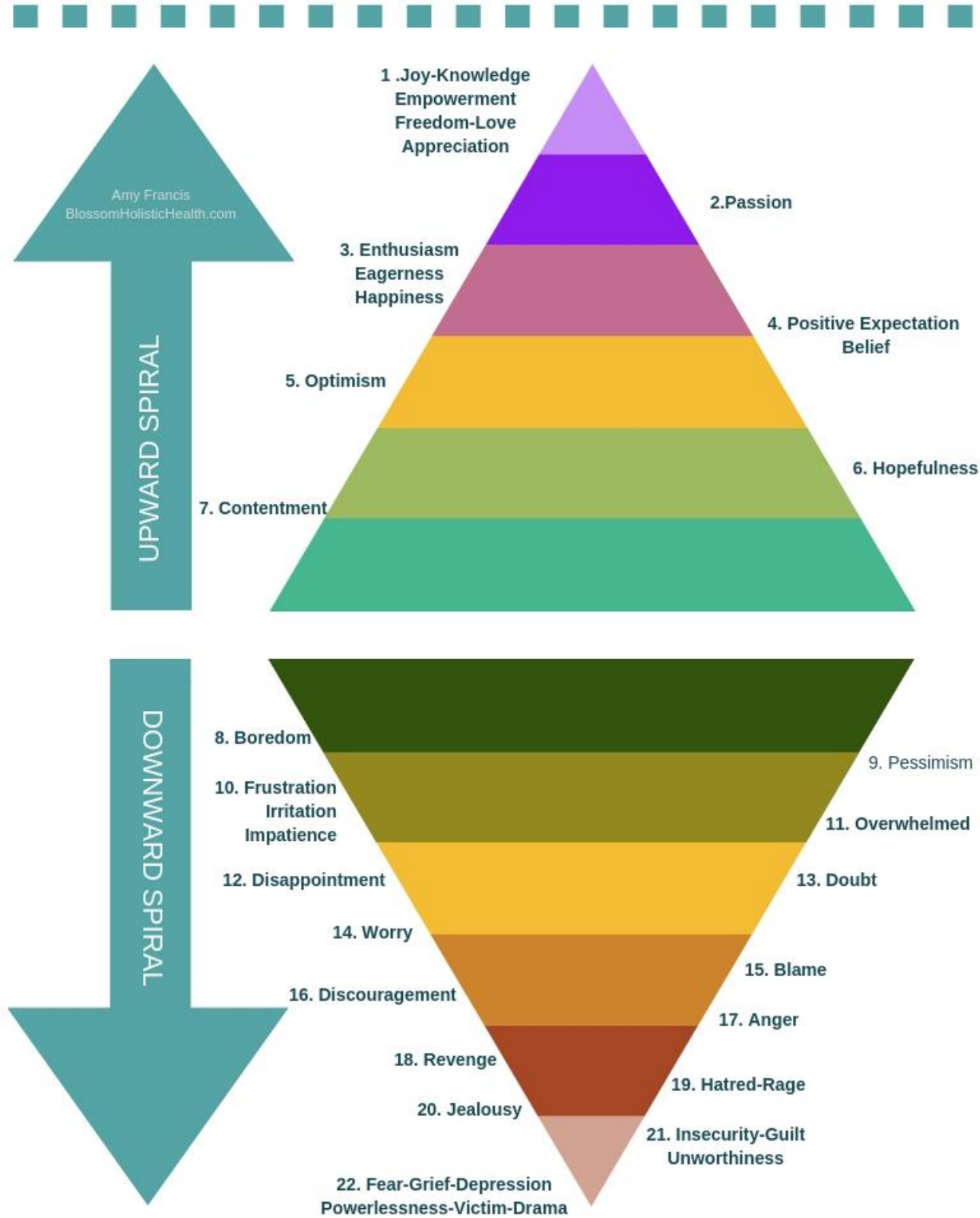
TAP IT IN

Now write below how you WANT to feel. Along with the emotions color, size, shape, & physical effect. When you're done writing it, **TAP all this good stuff IN!** You can even close your eyes, take a deep breath and just visualize your old neg. color transmuting into the new fresh color you wrote down.

Go back to the Emotional Guidance Scale again & pick a # on there that matches the emotions you are feeling now. Hopefully its on the Upward Spiral section. Write the names that match the emotion you are feeling the most right now from the scale. Are you feeling any better?

GS #

THE EMOTIONAL GUIDANCE SCALE



STEP 6

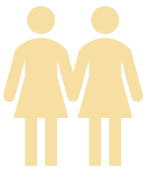
MY HEALTHY

DISTRACTIONS

As you continue to hold the space for your new positive emotions, pick 1-2 more of these activities to finalize this new emotion into your body. This is important to help elevate your mood for the rest of the day! **OR you can just jump straight here if that feels good to you.**



EXERCISE: Run or take a walk, maybe jump on the trampoline. Moving your body will lower your cortisol levels & increase your mood.



GET OUT OF THE HOUSE: Visit with family or friends, go to lunch or a workout class. I love doing a Zumba class with a friend to destress!



BE GRATEFUL: Make a list of 10 things you're grateful for, Even in the worst of times, your heart is still beating. There is still so much to be grateful for. It's impossible to feel sad and grateful at the same time. Gratitude is the highest vibrational frequency.



MUSIC: Put on some music and jump up and down like a crazy person for the whole song. I swear on this. My favorite happy music is 80's and 90s songs. What's your happy music?



LIFT SOMEONE UP: Send a letter/text/email to someone you care about letting them know how amazing they are. List all their amazing qualities and what makes them so special. This feels so good!



GET ENRICHED: Put on a self-help audiobook for just 10 min. hearing an inspiring message will remind you that you are ok and the best is yet to come.



NIX SOCIAL MEDIA: Take a day off of social media. Sometimes our anxiety comes from watching everyone's highlight reels. Sign out of facebook until tomorrow.



LAUGH: Find a comedy or stand up show that's guaranteed to make you laugh. Laughter is the master of inducing high vibes.



DIFFUSE ESSENTIAL OILS: Or you can put it on your feet. I like lavender when I'm stressed, and peppermint when I need to be invigorated and focused.



PLAY WITH AN ANIMAL: Whether it's your dog, cat, or rat, animals have a way of making us feel better. Increases endorphins, if we are going to get scientific.



CANCEL AND PIVOT YOUR THOUGHT: If you realize you've been thinking some pretty negative thoughts that are affecting your mood, Say Cancel to yourself, and pivot to the most positive realistic thought you can think of.

Keep up the positive thoughts for about 60 secs. Takes about that long to change how you feel.



GET GROUNDED: Go barefoot in the grass! Take a walk around the yard barefoot or have a seat in the grass. [Grounding](#) your body & energy system which can be really revitalizing!



EYE PATCH: To help with a healthier frame of mind.

Sign up for my Free Resource Library to find out how. It's in my [Blossom to Feel Awesome Ebook](#).



NAP: Sleep it off, when you can. If you've journaled it out, meditated, tried to get clarity, tapped it out etc. and you still feel pretty crummy...its time to take a short nap. Sleeping allows us to recharge and recover not only physically but emotionally as well.



OPEN YOUR WINDOWS: Get some fresh air in your home or office, letting all the negative, stagnant energy out and allow a new fresh air and optimism in.



PAMPERING TIME: Maybe you need a new color on your toes or just a little lotion on your face, peppermint gum or face/hair mask. Whatever feels good to you!



LET YOUR TENSION GO: **1.** Take a **DEEP BREATH**, hold it, then breathe it out. Repeat a few times **2.** Now close your eyes, relax your face, especially your jaw. Rub your jaw if that feels good. Opening your mouth and stretch your jaw. **3.** Repeat the phrase, **LET IT GO**, then shake the negative out of your arms. One more deep breath and relax.



RELEASE STRESS WITH THE CROWN PULL: This is my favorite energy medicine trick: Put your hair down if its in a pony tail. Take both hands to the center of your forehead and pull out. Work your way pulling open your scalp to your neck and down the neck. Hang arms, digging fingers into your shoulders to relieve shoulder tension! This feels amazing!!



WORK ON A PROJECT: Working on a project that's been put off will raise your vibe. So get productive!



GET ORGANIZED OR DEEP CLEAN: When the clutter is gone and put in its rightful place or the dishes done, you will feel so much lighter.

Write Below any other insights into what makes you feel better on a Bad Day:



*** Remember to print out many copies of Steps 1-5 so you have extras to fill out. Keep them in a binder with a pen. Better to have them ready and available for those bad days when they come!*

NEED EXTRA HELP?

I got you!



Sometimes we may need extra help shifting out of a really low place. We don't always know what is holding us back from emotionally shifting to a higher vibrational frequency. So if you feel you need more help, especially if you are having multiple bad days in a row...

Here's how I can further support you:

1. Schedule a FREE 30 min Consultation

www.BlossomHolisticHealth.com/schedule.html

2. Free Resource Library Access:

www.BlossomHolisticHealth.com/free_resource_library.com/html

3. Instagram
4. Facebook Page
5. Women's Facebook Group