

# Emotional Rest



## Talk it out

 60 minutes

### Objective

- *To help participants experience the restorative power of open and honest conversation as a means of achieving emotional rest. The session aims to create a safe environment for sharing thoughts, feelings, and experiences, allowing participants to release emotional burdens, gain perspective, and feel heard.*

## Materials needed

- Comfortable seating arranged in a circle to encourage openness
- Printed copies of the Emotional Rest manual
- Pens and paper or journals for note-taking and reflection
- A timer to manage discussion rounds
- Optional: talking stick or object to indicate who has the floor
- Optional: tissues for participants, recognising the emotional nature of the exercise



## Tool Description

This tool focuses on verbal expression as a pathway to emotional rest. Through guided conversations, active listening exercises, and reflective sharing, participants are encouraged to express emotions they may have been holding in. The practice is built around trust, empathy, and mutual respect, helping individuals process feelings, gain clarity, and strengthen emotional resilience. By the end of the session, participants will understand how to intentionally “talk it out” in supportive environments as part of their regular self-care.



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## Instructions

### 1 - INTRODUCTION (20 minutes)

- Introduce the manual
- Allow participants time to familiarise themselves with the manual and its content
- Focus on the chapter **Emotional Rest**
- Introduce the importance of **talking it out** as a practice and let participants know this will be the main focus of this module

### 2 – Setting the ground rules

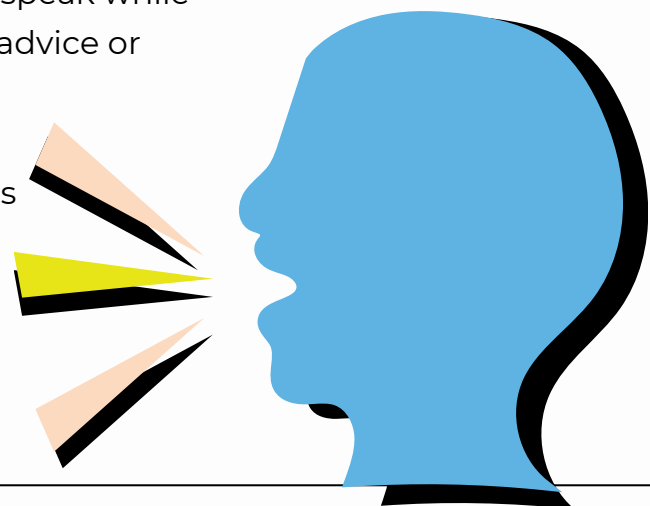
The facilitator establishes a safe and respectful environment by setting clear guidelines: listen without interrupting, avoid judgment, respect confidentiality, and speak from personal experience. These ground rules are essential for creating a space where participants feel secure in sharing.

### 3 – Paired or small-group sharing

Participants are divided into pairs or small groups.

Each person has a set time (e.g., 5–7 minutes) to speak while their partner listens attentively without offering advice or solutions—only acknowledgment and presence.

This stage allows participants to release thoughts without the pressure of immediate feedback.



## Instructions

Let everyone know that it is optional to talk. They are not being forced to, only what they feel comfortable.



### 4 – Group reflection

The group reconvenes, and the facilitator invites volunteers to share their reflections from the experience, either what they spoke about or how it felt to be deeply listened to. This discussion highlights the emotional relief and clarity that can come from open conversation.

### 5 – Journaling and personal insights

Participants take a few minutes to write about what they discovered during the exercise: emotions that surfaced, patterns they noticed, or new perspectives they gained. This helps integrate the experience and identify ways to apply “talking it out” in daily life.

### 6 – Creating a supportive network

The facilitator encourages participants to identify at least one person in their life they can reach out to when they need emotional rest. They may also suggest forming peer support circles for ongoing check-ins.

### 7 – Closing

The session ends with a reminder that seeking emotional rest through conversation is a sign of strength, not weakness. Participants are encouraged to view talking it out as a regular practice for maintaining emotional wellbeing.



## Reflection questions

- Do you feel you can clearly explain what emotional rest is?
- How did the act of talking openly affect your emotional state?

**The simple act of being heard can be  
profoundly healing.**

- In what ways can you incorporate “talking it out” into your daily or weekly routine?
- Who in your life can you trust to provide a safe space for emotional rest?
- How did it feel to listen without speaking or giving advice?



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