

Wellness Wednesday

October 2, 2024

Open Up With Someone

Opening up and being honest can be scary and emotional. It may seem impossible at first, but it's much better than keeping everything bottled up. Opening up, sharing your stories and knowing you are valued by others is important for helping you think more positively about yourself. Plus, being more trusting can increase your emotional well-being because as you get better at finding the positive aspects in other people, you become better at recognizing your own. Remember, no one is perfect and that you have people around you who care. Trust those people and take out time to unleash your heart to them. Try and find your person either here at Travis or in your personal life and practice being open and honest. If you need a person, stop by the counseling suite, we love to listen!



**“VULNERABILITY SOUNDS
LIKE TRUTH AND FEELS LIKE
COURAGE. TRUTH AND
COURAGE AREN'T ALWAYS
COMFORTABLE, BUT THEY'RE
NEVER WEAKNESS.”**

BRENÉ BROWN

EST. 2014 | VALOURINE

The Importance of Being Open With People

It's not easy being vulnerable or expressing your issues to someone else. However, it can be very important. Opening up can help you gain perspective and possibly help in resolving issues you're dealing with. Sharing our experiences can also eliminate feelings of isolation. By staying closed off, we're denying ourselves the chance to speak our mind and feelings. Start small and as you get comfortable, reveal more about yourself!

What does it truly mean to be open with people? Well, it means to literally be open to communicate with other people. When something is bothering you, communicate that. When you're feeling any type of emotion, communicate that within reason. It's the complete opposite of ignoring everyone and having the mentality, "I'm fine, I can do this on my own." Everyone needs somebody at one point or another. That doesn't make you any less strong.

As previously expressed, there is nothing wrong with being reserved or guarded. But, this can hinder one from getting close to others. Being open with others can create opportunities and make an individual more optimistic. There are so many benefits to opening up and having connections. Some of these include achieving personal growth, gaining new insight, and learning new things. These pros cannot be achieved without being open-minded and actually speaking to other people! As much as I enjoy a good solemn day with my lonesome and the airpods in my ears, it gets old. And fast. Even if one is shy and timid. Or even anxious and worn out. Another perspective or even

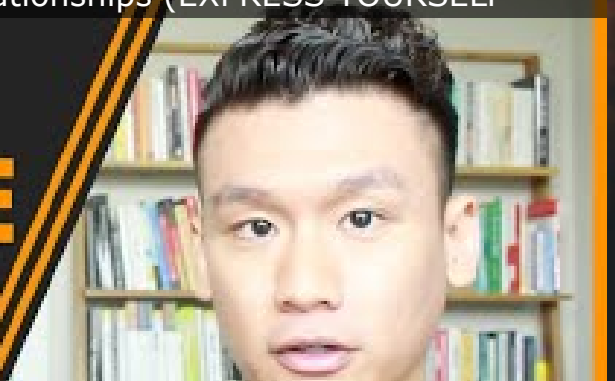
someone to just speak to can work miracles. When you're closed off and inside your own head, the overthinking is bound to happen. It's mentally beneficial to be more open!

It's hard for all of us to break out of our shells and take that first step. Especially, if you're very closed off. But it's important to break that shell so that you can grow to your true potential. Start with the little things. Instead of responding with a "yes" or "no", make it a long response with intentions of continuing the conversation. It's not expected for you to dump out all your feelings at once. Being open is just allowing yourself to let people in. Humans are meant to help other humans. So let someone help you. Better yet, help someone.



How to Be More Vulnerable & Expressive In Relationships (EXPRESS YOURSELF
ARTFULLY & RESPONSIBLY)

**BE MORE
VULNERABLE
& OPEN UP**



CREATE DEEPER CONNECTION



Brené with Judd Apatow on Vulnerability and Laughter

The director, producer, and writer of many of the biggest comedy films and hit TV shows of the past two decades on the thin line between humor and grief and what it means to tell the stories of our lives in a way that we recognize ourselves and our shared humanity.

[🔗 brenebrown.com](https://brenebrown.com)

Travis Zen Den

The Travis Zed Den is now open in the counseling suite!

Purpose of the Zen Den:

- Independent self-regulation
- Calming Space
- Time to de-escalate

The Zen Den is NOT designed for discipline concerns!

Students will be allowed to spend 25 minutes in the Zen Den when needed.

Teachers, if you have a student that needs time- please contact their counselor. We will let you know if/when the student can come. Please do not send students to the Zen Den unless a counselor has given permission.

Students may NOT use cell phones while in the Zen Den.

Please reach out to the counseling office if you have any questions!

THE
ZEN
DEN



Travis High School

Travis is using Smore to create beautiful newsletters

