

Mission Statement

At Unpacking Emotional Baggage, we care about emotional wellness at the highest level, which is why we introduced Emotional Wellness Advocates, a group designed to increase wellness by building safe communities. As advocates, our mission is exactly that, to advocate for the advanced emotional self-awareness of each individual. We recognize that this form of awareness is humanity's greatest link to a conscious lifestyle and a humanitarian response to conflict.

We are a trauma informed group who understands the dramatic impact of childhood experiences and the role of the subconscious in adult behavior based on those experiences. We are extremely aware that not only trauma, but a basic lack of understanding emotions are directly linked to most forms of dysfunction.

We hold reverence for parenting and childhood. We understand the behavioral effects of those years and the subtlety of trauma during that time. We know how controlling the subconscious can be in the name of security in its attempt to protect us from further pain.

Our goal is to compassionately educate individuals of all ages by providing the tools and safety to access and reevaluate how they became who they are in today's trying landscape. We have found that an improved connection to oneself vastly improves all aspects of life, including connections with everyone else. In other words, we teach people to move out of externally focused head-based mindsets and move toward finding solutions internally by connecting more compassionately with themselves.

We understand personal disconnect and disassociation on deeper levels than many are able or willing to speak to. We teach basic principles of how to navigate and manage emotions effectively to alleviate anxiety, depression, addictions, and disorder by building a solid foundation from which to work. We outline behavior patterns that are rooted in trauma.

We believe the greatest path toward finding the security of inner peace and the joy of a happy lifestyle is found by reconnecting with your own soul through introspection. The soul is where all of our passion lives, where love is waiting and where joy and peace abound. It's hidden because through no fault of our own we lacked the tools we needed to manage in real time or to unpack all of the baggage we carry.

It's time we change that.

Our mission is to:

- Raise the level of consciousness within humanity on a global scale by teaching the profound benefits of emotional self-awareness with the individual.
- Provide mentorship that encourages individual growth with online education.
- To facilitate safe spaces for open discussion and support in a community setting.
- To provide methods for the examination of the subtleties of deeply hidden childhood trauma and the subconscious' role in self-minimization.
- To create a reverence for parenting and childhood as a safe and healthy emotional future platform for all.

We believe that the entire world can be changed with emotional self-awareness. The ability to understand and manage emotions on an individual level can drastically decrease anxiety, depression, disorder, dysfunction, and avoidant coping. We are currently encountering or experiencing extreme levels of needless disconnect, division, triggering and rage in our own country; all of which can be managed differently with increased awareness. Unpacking Emotional Baggage