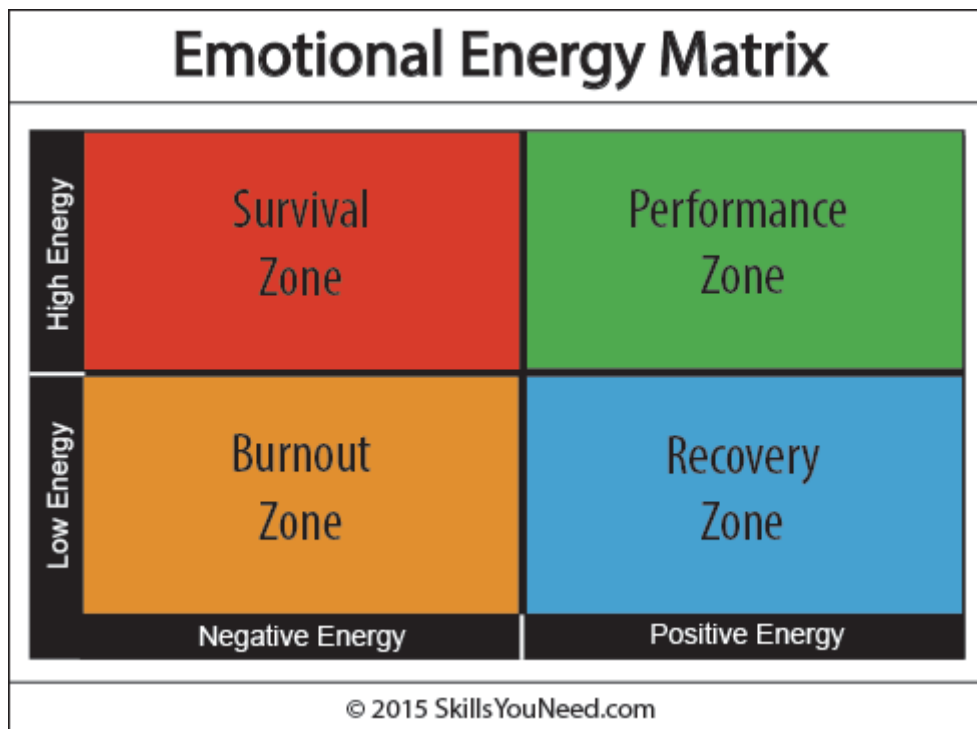


<https://www.skillsyouneed.com/ps/managing-emotions.html>

You can choose how you feel.

You can't control other people, but you can control how you react to them

The grid below shows the balance between high and low, and negative and positive energy:



High positive energy enables you to perform well, but you can't stay in that state for ever. Sooner or later, you need to reduce the energy. Stay positive, and you will recover quickly. Dip into more negative feelings, and you will feel burnt out.

High negative energy is quite an uncomfortable place to be: it feels like you're fighting for survival all the time. Again, you will have to reduce the energy at some point since it could lead to burnout.

There are a number of actions that you can take that will help you to manage your emotions. Many of them are very general, but try them because you may just find that they work.

- **Exercise:** this releases reward and pleasure chemicals in the brain such as dopamine, which makes you feel better. Being fit also makes you healthier, which helps in managing emotions.
- **Be kind to others**, because this helps stop you worrying about yourself.
- **Be open and accept what is going on around you.** Learn to appreciate what is happening and avoid excessive criticism of others or of situations. This is linked to **mindfulness**, which is about being aware of what is going on in the moment.

- **It's good to talk.** Spend time with other people and enjoy their company.
- **Distract yourself.** Yes, you really are that shallow. Watching a bit of TV, reading, or surfing the internet will probably help you forget that you were feeling a bit down.
- **Don't give in to negative thinking.** If you find yourself having negative thoughts, then challenge them by looking for evidence against them.
- **Spend time outside.** Being in the fresh air, especially around nature, is very helpful for calming the emotions. There is evidence that we need to see horizons, so if you can go up a hill and look at the view then do.
- **Be grateful.** Thank people in person for doing nice things for you, and remember it.
- **Play to your strengths.** That often means doing things that you enjoy, but it also involves doing things that are good for you.
- **Notice the good things in your life.** In old-fashioned terms, count your blessing

Applying Reason to Emotion

As we said above, you can change how you feel. The key is to be aware of your emotional response, and understand what might be behind it. That way, you can apply some reason to the situation.

- **How do I feel about this situation?**
- **What do I think I should do about it?**
- **What effect would that have for me and for other people?**
- **Does this action fit with my values?**
- **If not, what else could I do that might fit better?**
- **Is there anyone else that I could ask about this who might help me?**

Example

Suppose you are afraid of being in the dark because once you got shut in a dark room when you were a child.

You always have an emotional response to the dark because of your earlier experience. But you can remind yourself that you are now grown up and that there is nothing to frighten you. All you have to do is walk over to the light and turn it on.

By practising this, you can help your brain to understand that there is no need to be frightened and gradually retrain your limbic system.

People will forget what you said, people will forget what you did, but people will never forget how you made them feel.

The Power of Questions

Bandler suggests that our minds actively look for answers to questions.

So if you ask yourself 'Why do I feel so bad?', your mind will find lots of answers and you will feel worse. With NLP the key is to ask the right questions, for example:

- Why do I want to change?
- What will life be like when I have changed?
- What do I need to do more/less of in order to change?

Questions like these naturally lead to a more positive outlook.

Read more at: <https://www.skillsyouneed.com/ps/nlp.html>

Moving images

- *Imagine an image of someone who annoys you. Concentrate on how the picture appears in your mind.*
- *Make the image smaller, put it in black and white, and imagine it moving away from you. Notice how this makes you feel.*
- *Imagine a picture of something that makes you feel good. Make it bigger and brighter, and move it closer to you. Notice how this makes you feel.*

Read more at: <https://www.skillsyouneed.com/ps/nlp.html>