

FREE
EBOOK

MASTERING

Emotional

HEALTH

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What are Emotions?

Emotions influence our mood and behaviour.

Emotions are complex states involving both physical and psychological changes that, in turn, influence our mood and behaviour.

An emotion is sparked by a particular event or object, which causes a physiological response in the body – both happiness and sadness can make us cry, fear makes our heart race, anger makes us feel hot.

Then we change our behaviour in accordance with the emotion.

We might hug someone, run away or yell and fight.

The behaviour stage is the point at which emotional mastery plays a role. When you know how to master your emotions, you can catch them before they affect your behaviour.

Emotions occur in response to some kind of stimulus (actual, imagined, or re-lived) such as:

A physical event

A social Interaction

If you think about it,

- If something makes you happy or sad - you may cry,
- If something scares you, the fear can makes your heart race,
- If something makes you angry, your blood will 'boil' making you feel hot - hence the term hot under the collar.

Then we change our behaviour in accordance with the emotion.

We might hug someone when we are happy to see them, or comfort them if they are sad

We might run away when we are scared, or scream and shout if we are angry

Why is it important that we master our emotions?

Feelings and emotions play a role in our subjective experience of the world – which is the way we interpret the things that happen to us, it is our view, how we see it, as opposed to objective experience, which is the facts of what actually happened.

If you think back - has there been a time when you have said or thought 'I think they're overreacting'? or 'you've blown that out of proportion'?

This is because the person whose behaviour was being questioned acted based on their subjective view and maybe not from an objective view.

Psychologists recognize that the answer to “What is an emotion?” includes the ability to influence the way we think and act.

Mastering our emotions will have a massive impact on our interpersonal relationships, self-worth, communication skills and overall fulfilment in life.

Emotions are Universal.

Emotions effect everyone regardless of nationality, culture, gender, age and geographic.

According to several sources there are seven basic emotions that are universal in all cultures: the only differences that occur are when it comes to expressing emotions, and what we deem is an appropriate display of emotions.

The universal 7 are:

- Happiness,
- Sadness,
- Fear,
- Anger,
- Surprise
- Disgust.
- Contempt

When you're able to understand and demonstrate emotions that are appropriate to the situation, you're able to nurture and grow your relationships in general, you will be able to communicate your feelings in a constructive way that will move you closer to where you want to be. If you don't know how to master your emotions, the opposite occurs:

You might struggle in your personal relationships, you might not be able to communicate effectively with your boss or work colleagues,

You could also pick the wrong response - you may react in anger when sadness is a more appropriate response.

Your emotional response affects those around you, which shapes your relationships for better or worse.

The Emotion Wheel

What is an Emotion Wheel?

It is a proven tool you can use to identify how you feel, which is the first step in regulating your emotions. Psychologists and therapists rely on it to help patients better understand their feelings, especially when it may be challenging to do so.

When to use it?

It's most useful when you feel emotionally overwhelmed, or you find your emotions hard to verbalise.

The first step in learning how to controlling your emotions is identifying what your feelings are.

So ask yourself:

- What am I really feeling right now? Then look at the wheel
- Am I really feeling...? what I thought
- Is it something else? - If so what is that?

Once you know what the emotion is, acknowledge and appreciate them. Emotional control does not mean shutting down or denying your feelings.

Instead, learning how to control your emotions means appreciating them as part of yourself.

What is Emotional Health?

Emotional health, or emotional well-being, is our ability to acknowledge and cope with our own emotions and with life events that can affect those emotions.

It's a combination of emotional intelligence – or the ability to identify emotions in yourself and others – and emotional regulation, the ability to control those emotions in a healthy way.

Signs of emotional health include adaptability, resilience and confidence.

Emotionally healthy people are self-aware, meaning they are able to objectively evaluate their own emotions and decisions. They have a growth mindset and are able to look at challenges as opportunities and find the lessons in their failures. They accept themselves and their emotions and use healthy coping mechanisms like journaling to work through them. And they know how to improve emotional health even further when necessary.

How to improve your emotional health?

1. Let go of what you can't control.

Do you always want to change others? Do you let circumstances beyond your control – like the weather, the actions of others or events in the world – affect your emotions? The need for control hurts our emotional well-being more than anything else. It's natural to desire certainty, but you must realize that that only thing in life you can truly control is yourself.

2. Focus on what matters.

Once you shift your focus away from things you can't control, you're free to focus on what matters: finding fulfilment in life.

Does fulfilment really come from having perfect weather or letting yourself get burned out at work? Or does it come from spending time with loved ones, giving back to your community and building a life filled with positivity? Focus on what matters and learning how to improve emotional health becomes easier.

3. Practice Gratitude.

Practicing gratitude shifts your perspective and fills your life with positivity.

Negative emotions like fear and anger cannot coexist with gratitude. This ability to replace negative emotions with empowering ones is key to emotional well-being.

4. Self Care.

Self-care likely comes to mind when you think of emotional wellness activities – because it works. Healthy habits like eating an alkaline diet, finding exercise you enjoy and creating a morning ritual give you the energy and focus you need for emotional well-being.

Be sure to take time to relax and pamper yourself, too.

You can't take care of anyone else if you don't take care of yourself

5. Connect with others.

Connection is one of our Six Human Needs: our deepest needs as human beings that drive everything we do.

When we don't fulfil this need, we begin to feel hopeless, lonely and depressed.

This connection doesn't have to be romantic. Set up a weekly call or video chat with a friend. Join new groups online. Volunteer if you are able. Create that human connection that makes life worth living.

6. Find your purpose.

Do you know someone who never seems to let anything get to them?

They've likely found their purpose in life. When you know your purpose, you realise that life is happening for you, not to you:

Everything you experience is connected to living out your purpose in some way. Stop focusing on short-term goals and desires and look deeper to improve your emotional well-being.

Why is Emotional Health Important?

The quality of your emotions is the quality of your life. If you're not able to recognise and control your emotions, your life will be dictated by your circumstances instead of by your own desires and decisions.

Emotional well-being can even affect your physical health: studies have linked emotional distress to cardiovascular disease and lowered immune system, as well as substance abuse.

So why is emotional health important now more than ever? The world today seems more disconnected and unpredictable, causing stress, anxiety and even depression.

Emotionally healthy people are better able to navigate the challenges of a changing world and overcome obstacles in their lives without turning to unhealthy habits.

The Difference Between Emotional and Mental Health

Emotional health is the ability to identify and manage your feelings.

Mental health is how your brain processes your experiences and other information. It can include chemical processes, your memories, the way you interact with others and the "filters" through which your experiences are processed, like your beliefs and values.

Emotional well-being is a component of overall mental health, but it isn't the same thing. However, just as you can improve your mental health, you can learn how to improve emotional health using various emotional wellness activities.

I hope you have found this booklet of value. If you would like more information, please contact Louize@Louizeclark.com