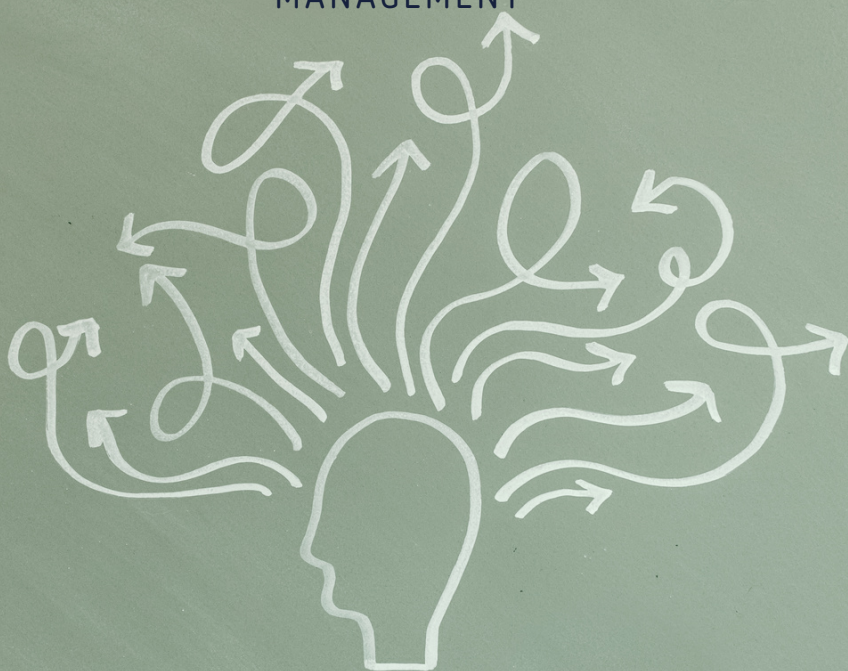


# *E-motions*

A PRACTICAL GUIDE TO EMOTIONAL  
MANAGEMENT



Overwhelm & Stress are for  
Ordinary People

# Introduction

This workbook is designed to help you take a huge step in clearing the emotional chaos and what comes with it, as well as gaining self-awareness which is the foundation of; Personal Success and Living an Authentically Fulfilling life. Through identifying your Thinking style(s) and triggers, clearing some subconscious beliefs and growing in Self-awareness, you will be able to gain clarity on what is hindering you, pulling you down, take aligned action steps, feel more in control of situations, yourself and hence Life.

Our emotions don't haphazardly arise. They are the result of our Thinking and how our Minds are programmed to make sense of the world around us as well as how we perceive ourselves. Emotions are the result of these associations no matter how much you feel they are caused by others and circumstances. Even if they are, and when they are caused by others or external factors, it's in your Ways of Thinking that you either; Respond or React.

Respond comes from the word response-able which also suggests and relates to Responsible

React; means re-act a past event or scenario.

If for any reason, you feel you will not be fully committed and consistent in doing this work, please leave it till some other time when you are WILLING to put in the effort and work as there is no such thing as "till when I'm ready".

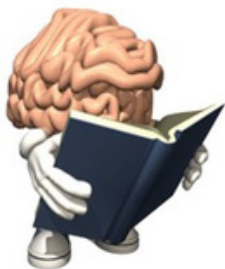
In change – as it encompasses some discomfort – readiness is an illusion of willingness.

Why am I saying this?

When someone has been muddling with some persisting and sticky issues that is making their lives miserable, being ready isn't the question.

Everyone is ready to have better results, but not everyone is willing to make the necessary change.

# Disclaimer



## Information is not Transformation

*It is a Psychological fact that people pay attention to what they pay for. Having this manual for FREE, I urge you to do the work and schedule it in your calendar so you can experience the benefits that this workbook offers.*

*Consider this work as the beginning of your Personal Growth and unfoldment journey. It is critical that you acknowledge that our Minds are transformed and changed by EXPERIENCES and not by INFORMATION.*

*So please make sure you apply religiously what you are learning and pay attention to what resonates with you most.*

On a separate note, if you find some questions are challenging and hard to face, please welcome them with compassion (not pity), open mind with curiosity rather than denial, avoidance or suppression because nothing holds us back and keeps us stuck in our tracks more than what we refuse to face, own or admit.



**IMPORTANT:** *If you are on any anti-depressant medication, please consider this work after you've finished your treatment, and consult your Psychiatrist.*



## Who am I?

Hi! I'm Jocelyne.

I spent more than 15 years in the Corporate World leading different positions in Marketing and Brand Communications. Despite my healthy lifestyle - or what I was taught as the ultimate formula for wellness and success; Gym, Eat Healthy, Yoga, pursue self-development, work-life-family balance - before I decided to quit and take a break, I experienced nervous breakdown, depression, a deep lack of sense of fulfilment, joy, peace... not to mention the constant nagging question; *is this what life is all about?* get education, good paying job, make family, take breaks on designated days, retire and then depart?

So much of this was common among my friends and colleagues whom were also considered to be leading a successful life by the *Status-Quo standard*. After I decided to pursue my lifelong obsession with the Human Mind and Nature of Reality, I embarked on a self-discovery journey with mentors and coaches supporting and guiding me while I was getting my formal education in *Wellness Psychology, Applied Neuroscience, Psychology of Eating and informally studying Quantum Physics*. Currently continuing my education in *Transpersonal Psychology and Jungian Analytical Psychology*.

Teaching what I learned is what I currently do through mentoring and coaching to help people like me get out of the viscous circle of toxic stress, anxiety, confusion, fear and empower them to take the pilot seat and live a self-authorized-fulfilling life while being on their Highest version of themselves through: ***Mind Reprogramming and Mindset Mastery***.



## Distinction between; Emotions, Feelings & Mood


Few things you need to understand before you dive deep into Self-discovery and work on your Emotions.

In the past decade or so, there has been a huge emphasis on Happiness and Positive Thinking and touting those two as the ultimate goal and the silver bullet to every challenge. Indeed we all want to have a Positive Mindset and *be happy*, yet we can't have an "Emotion" as a goal because emotions fluctuate throughout the day and it's nearly impossible not to experience sadness or negativity. Negative emotions, sadness, fear, anxiety... are all part of life, they will keep coming and they are NOT ALL BAD or should be avoided.

As for *Positive Thinking*, again, indeed no one wants to be a negative person with negative outlook on life, yet this Mindset not understood and applied properly turns the rosy thinking into, wishful thinking or what I call Hopeamine and complacency. We need to acknowledge the value and lesson carried in our undesirable emotions and situations, distinguish between Positive Thinking and Optimism, so we can propel ourselves forward.

To live a fulfilling life you need to be resilient enough to face whatever life challenges come around as you are pursuing the life and goals you desire and deserve, which means learning how to live in the "grey area" and seeing both sides of the spectrum in an objective balanced way - for what they truly are and the lessons and opportunities carried within - besides gaining clarity on your belief system that you adopted unconsciously, so you can heal those unsupportive thought patterns and beliefs, to move confidently towards **The Highest Version of Yourself** that can take you anywhere you want to go, or be or do or have.

sash. The moon on the breast like a howl of jelly. He was first snowflakes begin to come  
 of the new-fallen snow Gave chubby and plump, a right down, And the win whistles  
 the last  
**Happiness is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it will come and sit softly on your shoulder.**  
 Henry D. Thoreau



So, our objective is to bring enough awareness to our *Being-ness* and what is happening within our **inner world** so we can intentionally direct our cognitive and physical efforts towards what serves our Highest Version of ourselves and live a Self-authorized life vs a life on autopilot that is designed by others and the Unconscious.

As our vocabulary of the range of emotions – in other words the vast experiences that are going on within us – **have been narrowed down to more of what looks like:** happy-sad, good – stressed, negative-positive..., below is a short explanation of; Emotions, Feelings & Mood.



**Emotions:** are autonomic, unconscious, event related. They are behavioral or cognitive responses to the world around us arising from within us.

**Feelings:** are conscious physical experiences of an emotion; transient and event related.

**Mood:** are short-lived emotional state. In contrast to Emotions & Feelings, moods are less specific, less intense and can be influenced by a variety of factors including: fatigue, general health, hormones, social interactions, weather, world events, hunger...



**Note:** Purpose of the above is to help you expand your vocabulary of what is happening within you, hence bring more awareness and conscious attention to what needs to be addressed.





”

An Emotion is your Brain's  
creation of what your bodily  
sensations mean in relation to  
what is going on around you  
in the world.

Lisa Feldman Barrett

“

I hope we're in agreement by now that your Emotions are the byproducts of your Thinking, perceptions and the interpretations that your mind makes out of what is happening in the world in relation to the existing content of your mind. They have nothing to do with the external world unless you let that happen and leave your Minds (conscious and subconscious), un-managed by YOU.



## YOU'LL NEED

- 1- A nice notebook that you can journal your thoughts on***
- 2- Pocket notebook so you can register triggers and associated emotions***
- 3- Pen***
- 4- Dedicate half an hour in a quiet place anytime either in the early morning hours or before you go to bed to reflect on your findings as you do the work.***



# Clear your Confusion

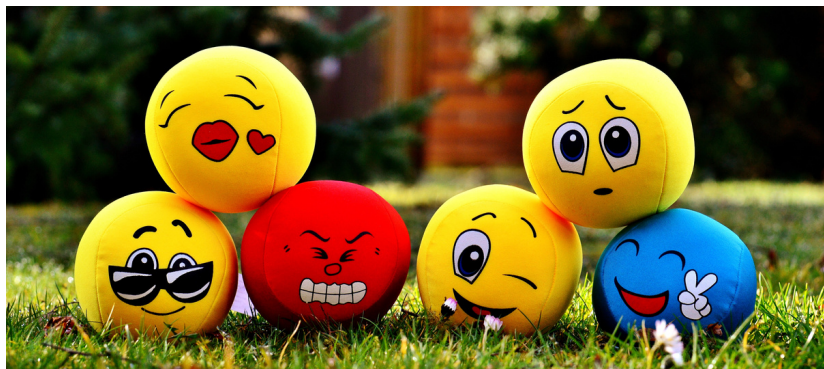
First you've got to acknowledge that what has been built over years, is not going to be sorted overnight, yet this workbook will provide you a great sense of relief and clarity on what you need to work on as you peel some layers of unhelpful beliefs and behaviors.

***Paradoxically, the more patient you are, the faster you will go.***



***Your first step is to take a step back and investigate things with objectivity:***

- 1- Do you know what's the source or issue causing you distress? (list them all in your Journal)
- 2- What is the outcome you fear most? In other words, what keeps you awake at night? What do you worry about?
- 3- What steps have you taken?
- 4- And what results did they yield?
- 5- Have you discussed this issue/s with a professional? or is it just friends and gathering information from online sites?



6) **Most important step:** do you really want to do something about this issue?  
*You must note: wanting some good outcome is obviously desired by all. The questions are:*

- a) What are you willing to do about it?
- b) What would your life look like 6 months from now or even a year, if nothing changes?
- c) Brainstorm on point b): what does the outcome look like if you put some effort and change?

***If you are willing to do something, then put an action plan (this workbook does this) and measure your progress intentionally. If not, then maybe you want to find a way to feel at peace with the situation as it is. Acceptance eases the resistance and negative energy since you are making this a decision and a choice.***

# I matter

Anything you say, think, believe about the "I" that is you, matters and will manifest in physical reality. This is why all self-development schools, Emotional Intelligence principles. Ancient Mystery & Alchemy teachings as well as Philosophy schools hold on their door-step the timeless old adage and formula for Alchemy: **#knowthyself**.

In belief & Mindset exploration, not only we look at our Thoughts and inner monologue, we look at external events and circumstances as an indication of what is happening within us. Because there is another timeless formula we can always use to explore our deepest beliefs that generate our Emotions and Manifestations which is the **#aswithinsowithout**.

## 1<sup>st</sup> Identify your MPI (Most Pressing Issue)

Rate the below questions on a scale of 1 to 10 with 1 being bad and 10 being excellent. Do not overthink the numbers. The 1st number that comes to Mind is usually the most correct and honest one. These are the Key areas of life and any imbalance in any of them, you will experience stress, discontent, feeling void or emptiness or something is missing that you can't put your finger on.

***If you feel tempted to overthink the answers, please be as objective as possible.***



Solutions Loading

**Let's go... On a scale of 1 to 10, where do you rate your:**



1- Relationships (partner, friends, family, network)  
2- Your Career  
3- Your Finances  
4- Your Personal Development and Growth/ Self-actualization outside your degrees and career: more of what you think and feel about yourself in secret, how you view yourself, your Self-image – esteem – confidence-individuality ... to pursue what is most meaningful to you and live a purpose driven fulfilling life.

5- Your Spirituality (connection & understanding of/ with yourself, others and the universe, plus religious practices)

6- Creativity (problem solving skills, thinking outside the box and status-quo, living by your own rules and definitions or metrics of a good life)

7- Hobbies and Leisure: how much are you living your heart desires, joys, passion and what you love to do and do you know what they are?

**Any area rated below 7 is an area for improvement.**

**Your Homework for this week:**

***Under any area you scored 7, list 3 things you can immediately start doing to raise this score. They do not need to be complicated or sophisticated things. They just need to be small steps that help you feel good (not necessarily comfortable) and see some progress and changes. Those things you need to schedule in your calendar and intentionally and actively perform them regularly – not just once or twice or trice. Make them simple and part of your lifestyle rather than tasks.***

# Introspection Questions

We know from research that most people do not know who they truly are and what they want in life. It's a hard pill to swallow but it's a truth we need to accept in order to gain clarity and make some progress. **Most people who have not done deep and true Mindset and Self-discovery work on themselves operate from beliefs, wants, desires, paradigms, passions... instilled by others before the age of understanding and through mass cultural thinking.**

*The below questions will not be super easy to answer and your mind that prefers the familiar and comfort will certainly prevent you or make you procrastinate on doing them, so please do allocate a specific time on your calendar to sit down and journal on them. If you notice that you are getting unexpectedly busy or even hungry at this time after you've read the questions, please know that this is not coincidental. That's how powerful the mind is.*

- 1- What does a fulfilling life truly look like to me? Expand your mind beyond what you already know. Think of it in a way where no limitations exist. what would your ideal life look like?
- 2- Glimpse on your purpose: If money is not an issue - ie you have loads of money & it's not on your worry list - what would you be doing? What type of work would you be helping the world and humanity with?
- 3- What does an ideal day look like for me?
- 4- What things I know I am doing and are sabotaging my fulfillment and joy that I can do differently? (this is isn't about your job or nasty boss or colleague or whoever)



5- If I put fear – of anything especially people's opinions- out of the equation, how differently would I live or do things?

6- Do I truly believe I am in control of my situations and events? If not, why? And who is? (those are beliefs you need to explore) This isn't about climate change or earthquakes (uncontrollable). This is about the situations and events affecting your life.

7- What does success mean to me? (please don't put Happiness. This is an Emotion that fluctuates on daily basis and neither measurable or can be quantified into actionable steps).

8- Do I truly know what I want in life? If yes, am I after that? if not, then why? What is preventing you from taking action towards what you truly want? Who or what is preventing you?

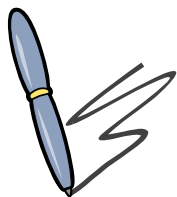
9- What is missing from my life?

10- What are the things that I think about myself but tell no one about?  
*Dig deep with compassion here.*

11- Do I truly feel empowered, capable, autonomous crafting the life I am capable of living or desire to live? (I want you to know that feeling not in control, helpless, not empowered, you don't have sense of self-agency is the root cause of all anxiety, depression, dis-ease, toxic stress... those are symptoms and not causes and they are learned behaviors and thinking.) If not, then in which life scenarios you feel you are power-less? Write down your beliefs.

12- What do I need to stop doing right now, to live a richer life? This could be any simple habit that is not serving you. I.e; mindlessly scrolling on your mobile or playing a game that is not adding to your intellect or cognitive abilities, or wasting too much time on tv under the name of 'me time enjoying my favorite tv series after a tiring day at work. You can do that provided you are enriching yourself mentally, physically and emotionally on the majority of your days in addition to getting a good dose of sleep that is critical to your Mental, Brain and physical health).





13- What am I waiting for to start working on myself? What is preventing me from working on myself? If you are already working on yourself (not just adding some business acumen skills) is there anything that still feels missing? Spend some time to get at least 3 answers.

14- Do you believe in Fate? And that no matter what you do, there is a trajectory that has been set for you before you were even born and nothing can change that? In other terms as I always hear: “this is God’s will” so in essence here people believe that we serve a biased, angry, moody God who blesses others and gives others some maladies and misfortunes to muddle with for a lifetime. If this is your belief, I really urge you to change this kind of belief as I am not too sure that this is what God wants for any of his/her children. At the end, you get what you believe and not what you want.

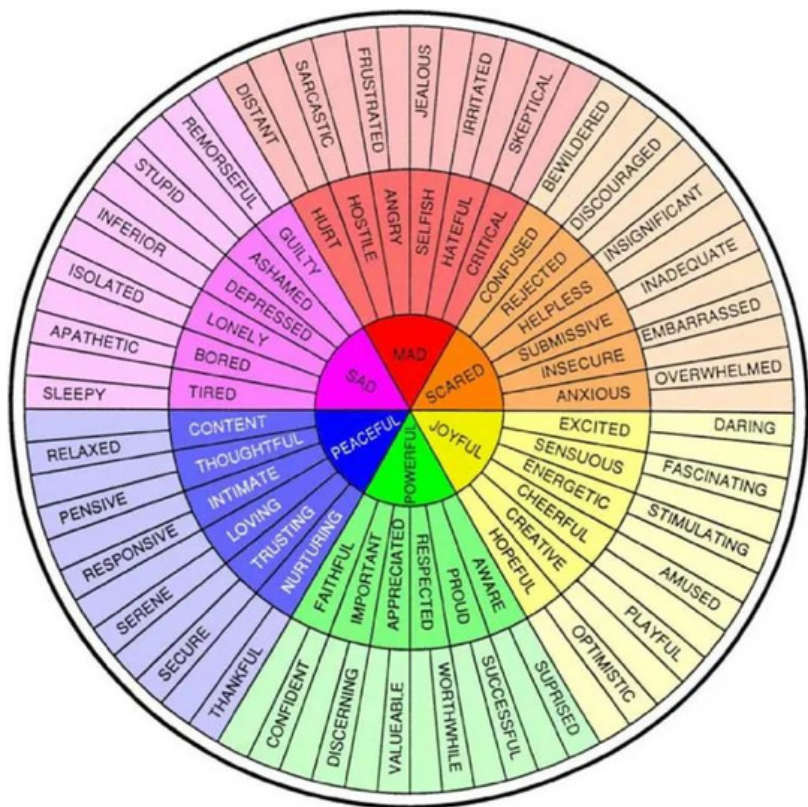
15- Be honest with yourself: what am I willing to do change the things I am less than satisfied with and I know I can get better or have better or do better? What have I tried? What worked? What didn’t? What happens if I don’t attempt any change? How would my life look like?



**Note:** Keep journaling on those questions for the next week even if you are repeating ideas, just write till nothing new comes.



# Expand your Emotions' Vocabulary



How to use the Wheel of Emotions to understand and navigate what you are going through beyond the Happy-Sad, Stressed- Positive, Scared or Overwhelmed.

If you can do this at the moment you experience the emotion, it will be great so as to avoid the inaccuracy that comes with Emotional Build-up.

Take 5 minutes to explore this wheel and find what you are feeling and maybe a clue to the trigger.

Start from the core moving outward. Let's say you are feeling sad. What's behind that sadness? it could be that you are feeling guilt. What's behind the guilt? it could be a feeling of remorsefulness, or maybe you can identify another trigger as you scan the core emotions of sadness, fear, anger, mad. Take a look at all the other emotions that feel negative or bad to you and try to trace it outwardly on the chart and then link it to a thought or belief that you constantly think or deeply believe. Once you've identified the thought or belief, journal on them and then try to find ways that help you make a shift in your thinking. Maybe you want to journal on your thoughts, maybe you want to browse the net and find some research or articles that can help you think otherwise, maybe you'll find a book that covers this specific belief or aspect... doing your own research to find answers and solutions rather than just being focused on the negative emotions and fighting them, can make a huge shift in your emotional state as well as behavior.

## Thinking about your Thinking



### Thinking Traps

Before we dive deep into your Emotions, there are few things you need to understand about your Mind and specifically about your Thinking Style.

First and foremost, our Emotions are the by-products of our Thinking. The majority of them (say 85%+)

The rest could be the result of what is happening in our environment and as well in our own bodies. It is no secret that we feel agitated, irritated, or fatigued due to lack of sleep, lack of good balanced diet, tired of a hard prolonged physical activity and indeed a disconnection from what is happening in our body.

The fact that we operate 95% from our unconscious mind – in other terms we are not aware of all of what we are thinking of, in addition to the fact that we sleep and wake up with the same thoughts (Day in – Day out) – unless you are actively working on your Mind-set – and to top it, more than 80% of our thoughts and others' are negative is a major factor in overwhelm, stress, and stress.

It is worth noting that our Minds stay focused on the negative because they are designed to protect us from danger, so it keeps the attention over whatever negative is being communicated to us, happening around us, in addition to the negative experiences and beliefs that exist in us from our past experiences and learnings from society, culture, peers, school...

Now that you know a little about the principles and mechanisms by which the Mind operates, it is imperative that you start paying attention to the quality of your thoughts, to the ideas and thoughts being communicated to you, and to your thought patterns and most importantly "How You Think". To help you do that, here are 5 unhelpful thinking styles you need to be aware of and actively and intentionally work on changing.

Why are we spending time thinking about our thinking?

We know from research that an overly rigid pattern of thinking can undercut our effectiveness, mental agility and resilience. This kind of Thinking when we are not aware of, can develop over time to become habitual and ultimately reflexive so they get in the way of our creative and rational problem solving abilities, not to mention missing on seeing opportunities and possibilities. Bottom line, the foundation of Mental Agility and Wellbeing is this: How you think (not only what you think) drives how you feel, make choices and decisions, how you behave and your physiology (health).

***Let's get into which Thinking trap might you be falling into.***

Ps. You might discover that you fall into one dominant thinking style or couple or you might lean into each of them in different areas of life (work, home life, relationships, environment...) so tune in Objectively and become Conscious of:



- 1- In which situations are you using these styles in your daily life?
- 2- What are the triggers and or cues?
- 3- What thoughts do you project onto the situation? Do you blame others? Yourself?
- 4- What kind of behaviors or coping mechanisms do you use or unconsciously react with?

### Thinking Trap 1

## Mind Reading

It's assuming that you know what another person is thinking or expecting another to know what you are thinking. No one can mind read and in general the assumptions are negative and this type of thinking blocks communication as well as reaching out and asking for help.

### Thinking Trap 2

## Me Trap

This comes from Dr Seligman's research where people blame themselves "Me" as the sole cause of every setback, problem and issue. "it's all my fault". This type of thinking is always accompanied with feelings of guilt, sadness and when prolonged can lead to grief and bitterness.

### Thinking Trap 3

## Them Trap

It's quite the opposite of Me trap where a person blames others and circumstances or the world for their negative experiences and setbacks.

### Thinking Trap 4

## Helplessness

This thinking style is when you believe that nothing is in your control and that this problem is going to impact every area of your life, there's nothing that you can do and you have no control. This is where people feel demotivated, drained, want to give up and become passive to come up with any solution or try new actions steps. The feeling associated with this kind of thinking is "Hopelessness".

## Thinking Trap 5

## Catastrophising

This is when an undesirable outcome happens and then the train of thoughts runs wild on how all other future events will be worse. This kind of thinking is sometimes accompanied with “Helplessness” and the feeling it generates is indeed; anxiety. This kind of thinking – like all the mentioned traps – blocks anyone from coming up with solutions, let alone seeing any solution on the horizon.

## Thinking Trap 6

## Judging

*“ Thinking is difficult, that’s why most people judge”* The Father of modern & Analytical Psychology **Carl Jung**. Consider Judging as making quick assessments or conclusions about a situation or people.

Some of the Thinking errors we all fall for (to greater or lesser extent) are Cognitive and Confirmation Biases. It is estimated that there are more than 200 **Cognitive Biases** and they are mental errors that are based on looking for or overvaluing information that confirms our existing beliefs or expectations.

**Confirmation Bias** which is: the tendency to favor information that confirms or strengthens existing beliefs and values, ignoring contrary information.

The easiest way to overcome this issue, is to keep an open mind that maybe there’s something that you don’t know, or don’t have all the information about or even the possibility that your information might be wrong or not updated along with curiosity to see things from the other person’s perspective keeping a gap to objectively and neutrally assess things before you respond or make any conclusions. This requires practice, so be patient with yourself. It’s not going to happen overnight.

## What to do now?

Become conscious of which style do you lean on more and in which situations. You may want to read again and again the above outlined thinking traps so they become more familiar to you and recognizable if and when you fall into them. The more you recognize some thinking traps you might be falling prey to, the more you are able to calm your emotions and be "response-able".

As you become aware of your Emotional thinking style, start to come up with ideas, actions and behaviors that you ***will use as a rescue plan*** (more exercises that will help you do that is outlined below), so you do not block your mind from seeing solutions or coming up with some new perspectives.

The best way is to ask questions and pull in some new perspectives

Here are some questions to help you:

- 1- What is it that I am not seeing in this situation?
  - 2- How would (insert a person you look up to) handle this situation or what would be their thoughts and advice in this case?
  - 3- Where can I find more information about this?
- Just keep asking questions and practice the pause and active listening.

# IMPORTANT!

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**Note:** you will not see huge results if you do this once or twice and then let your emotions hijack your intelligence. This gets better and better with Practice. Like everything else we want to become good at. PS. I highly recommend that you keep a small note book handy and take notes immediately after any incident, noting the emotions you experienced, the trigger and reflecting on the questions above.

## CBT (Cognitive Behavioral Therapy) Exercise

This is another tool I adapted from Professional CBT so you can use it on your own. It helps at bringing your attention to some unhelpful thoughts and behaviors as you experience them. I suggest that you keep a small notebook handy or take notes on your mobile whenever you feel triggered or irritated.

Situation/Trigger	Initial Reaction	Negative Thoughts	Balanced Alternative Thought	Outcome/Learning
This could be an event, idea, feeling, memory, image, fatigue...	How did I feel emotionally & where did I feel the emotion in my body? What is the name of the feeling	What unhelpful negative thoughts did I notice? How long was I thinking about it?	What is a more helpful & realistic way of thinking about this? What can I do differently?	What can I learn from this to preempt the situation in the future?

### Note

If you notice that you can't remember what caused your emotional downward spiral or tell yourself "there isn't anything specific" then it means that you drifted to the unconscious past or future. Remind yourself constantly to be present by being fully engaged in what you are doing.



## External Influencers on your Emotions

We have tackled some of the most difficult to spot influences on our emotional state which is your own Mind and Internal world, now let's take a look at what can be influencing unconsciously our emotions from our environment.

Note, both are equally important and one should not neglect any of those two aspects.

To make it easier for you, here is a list with some explanations and tips:

1- **Sleep:** Quantity and Quality. Many are sacrificing this huge ingredient in our Mental and Physical health to some social media mindless scrolling, Netflix, TV, replying to emails... Sleep cannot and should not be compromised. It's your time for physical recovery as well as this is when your brain detoxes itself as well as consolidates memory. Lost sleep is lost sleep, so don't tell yourself, I'll sleep during the weekend. If you have difficulty falling asleep, either look a simple method (from a trusted source) online and stick to it, or reach out to me.

2- **Diet:** I meant nutrition and not some strict regimen that promises fat loss. In fact, so many "dieters" dismiss or are unconscious of how much stress, irritated and brain fogged they become when they are on a restrictive diet.

Eating healthy and nutrient dense, clean food is essential to our mental state which affects our emotional state and mood. My advice here is to choose; clean (homemade), closer to how it came from nature, natural ingredients and omit all refined sugar, wheat, rice, whitened and processed foods. We really do have enough scientific evidence how our modern day foods are interfering with our genes and DNA expressions as well as their dangerous impact on our Brain's as well as physiological health.



Whitened foods (wheat, salt, sugar) spikes sugar in the blood and then leaves you sleepy and hungry after an hour or less. So no! you're not lazy or sleepy after a lunch of Pizza, Pasta or Burger.

Bake your sweets at home with natural simple ingredients and natural sweeteners (I use coconut sugar, date syrup, Agave Syrup) and avoid processed and packaged foods especially the ones that say, sugar free, fat free... read labels of food and take this as a rule of thumb: Choose packaged foods that have 7 Ingredients or so max and the ingredients should be familiar and readable to you. Do you know what E432, E568 ... are? No. Drop it. Is there any ingredient that is hard to pronounce? Drop it. Make your food simple, natural, clean and has slow release of energy like complex carbs.



**3-Your surroundings and environment** and the energy they bring to you has a huge indirect influence on your emotions. Here is a quick checklist you can immediately start looking at and take care of:

- Declutter the place where you spend time most. Whether that is your office, your desk, your room, your house or any element in your house. This has a huge impact on how we feel.

- Be selective with the people you surround yourself with: does your circle inspire you? Or do they bring you negativity? Do they drain your energy? Or do they energize you?

- Be selective with the information you are letting in to your system, specifically your Mind. I am going to put a huge emphasis here on Social Media and News. Literally budget your time on your screen. Unconsciously people want to know the News which intentionally targets your Emotional Brain and where most of the news are negative. When do people mostly see the news? Morning and Evening; the most critical times that set the tone for the day or affect the quality of your state right before rest time. If you really are curious about what is happening in the world, make sure you budget that time during the day – say early afternoon – so you give some time for your hormones and cocktail of chemicals generated by news to settle.



4- **Exercise:** no need to mention the benefits of exercise. Little do people know that when we move our body, not only we enhance blood circulation, but it signals to your Mind that you are autonomous, you are not stagnant or in the “freeze mode”. Unlike what you mostly hear about the stress and fear response of “fight or flight”, what most people actually do is “freeze”. So it doesn’t matter whether you run, walk around the block, dance, jump... just get your body moving. Daily. Plus, when you look good, you FEEL GOOD.

# Important

***If you have been experiencing severe stress or have experienced emotional trauma during anytime in your life, please seek professional help especially if you have been trying endlessly New-age mind rewiring promising tools, whether that be, Meditation, Mindfulness, some Yoga or Spiritual practices, or any physical activity. Some tools offer temporary relief and what you might be in need of is some deep work on your cognitive processes, release of trapped trauma in your Mind and Body, shifting perceptions and perspectives, or even total make-over of your Mind and way of thinking.***

***What matters is that you do not suppress, deny, ignore... prolonged chronic and toxic stress or any emotional distress. So please be mindful of the solutions you are adopting as what calms the Mind temporarily might not be the solution for a deep hidden blind-spot in the Unconscious.***

***Asking for help is a sign of courage and deep respect for yourself and your life. Not some kind of weakness or indication that there's something wrong with you.***

***You make You. Don't give up on YOU. Keep Rising.***

***Your Partner in Mind-Mastery and Growth  
Jocelyne Elias***

# trust yourself



For more information on my Programs, visit  
[www.mindset-rewire.com](http://www.mindset-rewire.com)

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