

MODULE 3: EMOTIONAL WELL-BEING (Part 2)

Tools that positively impact mental health & performance

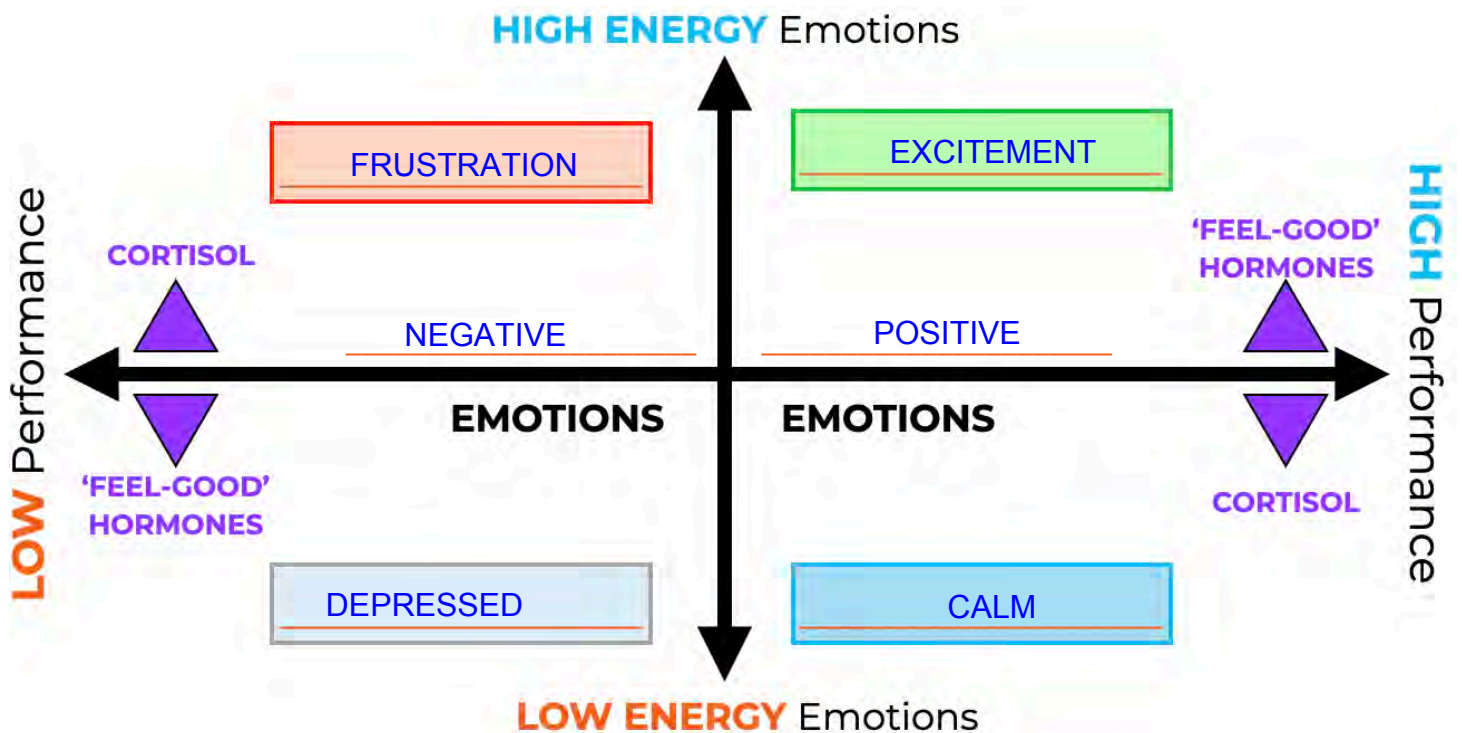


When we are facing more uncertainty & adversity in our lives than we are used to, many of us feel un-balanced. In these times it's important that we focus on what we CAN DO, those things that are in our control & can put us in a better position to cope or manage.

Your emotional experience has a big impact on the health of your mind & body, so it's important that you aim to take responsibility to find ways to experience more of what you love & the associated emotions, building an emotional bank account that better supports your well-being & performance.

Your emotions... drive your feelings... which then drives how you think and behave and therefore impacts many (not all) of the outcomes that play out in your day. Most of the time, when you are experiencing more positive emotions & feelings, you will also be thinking & behaving better, and creating better outcomes for yourself.

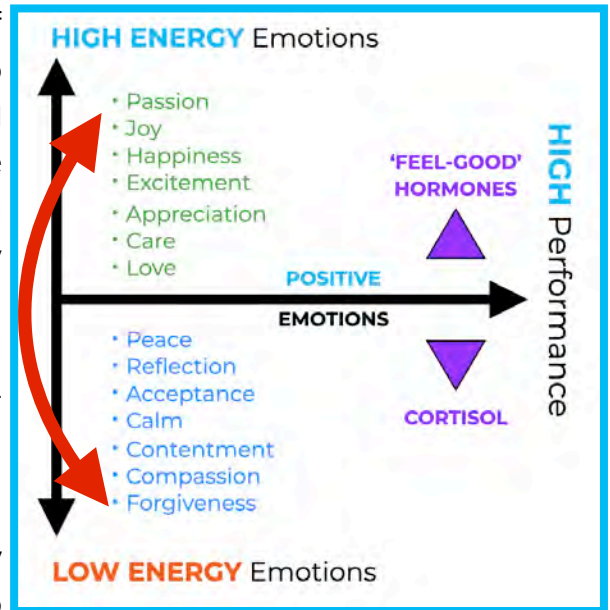
THE EMOTIONAL LANDSCAPE



BALANCE

In general, you want to heighten your experience of positive emotions, but it's still very important to strike a **balance or harmony** between the HIGH energy positive emotions & the LOW energy positive emotions, because too much of anything and you can find yourselves feeling out of whack physically and/or mentally.

- If you over-stimulate your Nervous System and stay in a state that's either too revved or too high-energy all the time, you increase your chances of mental and emotional BURN - OUT.
- If you under stimulate your Nervous System & stay in a state that's too calm or too low-energy for too long, you may start to feel SLUGGISH & UNMOTIVATED.



At any given time you can plot out on your Emotional Landscape what kind of emotional experience you are having over a week, and see if you are spending too much time in any given quadrant, experiencing too much of any particular emotions/feelings (even the positive) that are leaving you feeling unbalanced.

MY EMOTIONAL BANK ACCOUNT



Choose 1-2 positive emotions/feelings that you would like to experience more of at the moment:

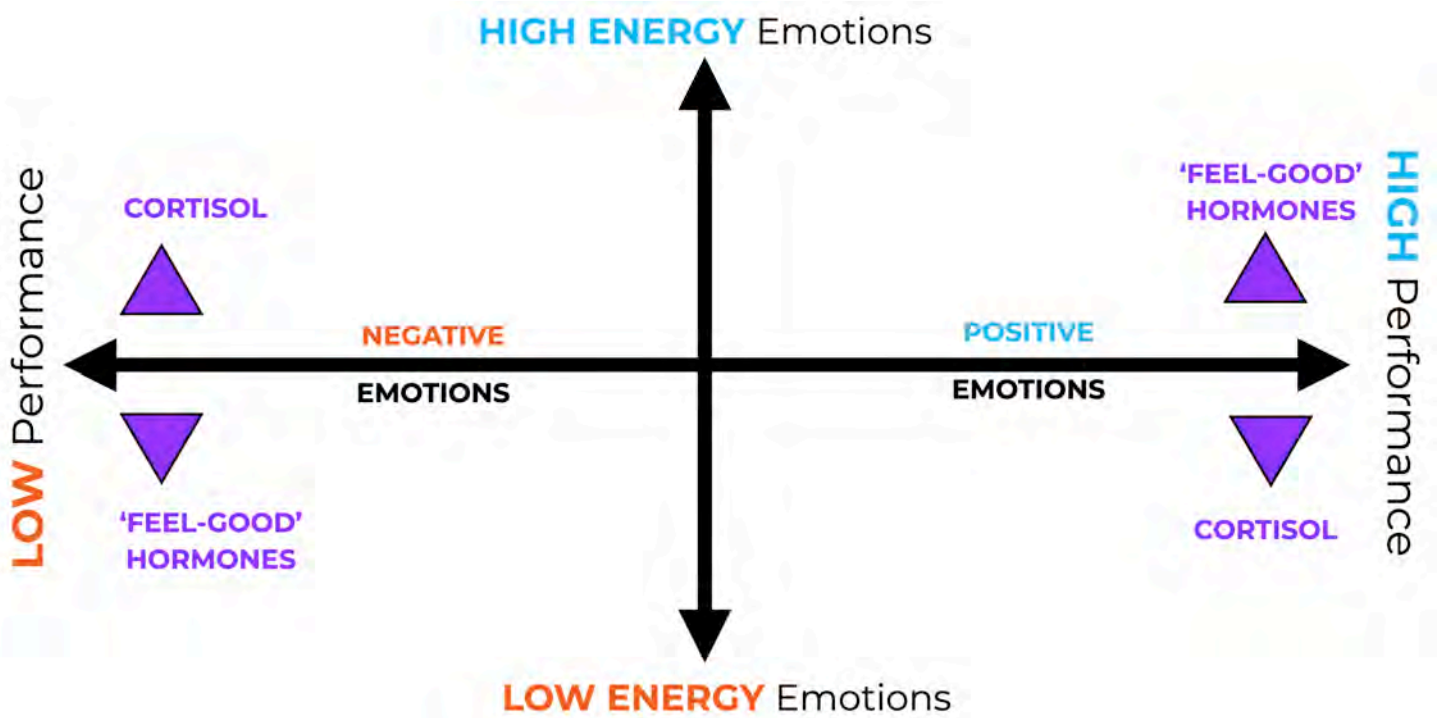
1. _____
2. _____

Or, what are 1-2 negative emotions/feelings that you would like to experience less of at the moment:

1. _____ & then flip it, the positive emotion could be _____
2. _____ & then flip it, the positive emotion could be _____

** On the next page, plot where this emotion would sit on your EMOTIONAL LANDSCAPE

MY EMOTIONAL LANDSCAPE



CORE DESIRED FEELINGS/EMOTIONS → CORE VALUES

Your core desired feelings & emotions will be connected to some of your highest core values. Looking at the core desired feeling/emotion that you've mentioned wanting to experience more of at the moment, are you now able to connect that with a CORE VALUE of yours?

CORE DESIRED FEELING or EMOTION "I want to feel more..... "	CORE VALUE
1	
2	

CURRENT EXPERIENCE RATING OF THIS VALUE (___ / ___ / 2022)

1 2 3 4 5 6 7 8 9 10



CORE VALUES LIST

Abundance	Daring	Intelligence	Preparedness
Acceptance	Decisiveness	Intuition	Proactivity
Accountability	Dedication	Joy	Professionalism
Achievement	Dependability	Kindness	Punctuality
Advancement	Diversity	Knowledge	Recognition
Adventure	Effort	Leadership	Relationships
Advocacy	Empathy	Learning	Reliability
Ambition	Encouragement	Love	Resilience
Appreciation	Enthusiasm	Loyalty	Resourcefulness
Attractiveness	Ethics	Making a Difference	Responsibility
Autonomy	Excellence	Mindfulness	Responsiveness
Balance	Expressiveness	Motivation	Security
Being the Best	Fairness	Optimism	Self-Control
Benevolence	Faith	Open-Mindedness	Selflessness
Boldness	Family	Originality	Simplicity
Brilliance	Friendships	Passion	Stability
Calmness	Flexibility	Performance	Success
Caring	Freedom	Personal Development	Support
Challenge	Fun	Proactive	Teamwork
Charity	Generosity	Professionalism	Thankfulness
Cheerfulness	Grace	Quality	Thoughtfulness
Cleverness	Growth	Recognition	Traditionalism
Community	Flexibility	Risk Taking	Trustworthiness
Commitment	Happiness	Safety	Understanding
Compassion	Health	Security	Uniqueness
Cooperation	Honesty	Service	Usefulness
Collaboration	Humility	Spirituality	Versatility
Connection	Humor	Stability	Vision
Consistency	Inclusiveness	Peace	Warmth
Contribution	Independence	Perfection	Wealth
Creativity	Individuality	Playfulness	Well-Being
Credibility	Innovation	Popularity	Wisdom
Curiosity	Inspiration	Power	Zeal

BELIEFS & 'IF RULES

Once you know your core values, it's important to look at the beliefs and rules you have in place i.e. what do you believe has to happen for you to successfully meet that value or how will you know when you're successful? Your answers are just like rules, ones you have set up (sometimes unconsciously) that determine when you will experience the value & therefore the accompanying emotions/feelings. We call these 'IF RULES'.

You must always give your IF RULES careful consideration & check in to see if your beliefs have made it really difficult for you to consistently experience the amazing feelings that occur when experiencing a core value.

If you discover your beliefs & rules area making things difficult, try remoulding your beliefs around this value & setting some new IF RULES that make it EASIER TO WIN ! That way, you will experience your core desired feelings & emotions more often & this will lead to greater fulfilment and a better balance in your emotional piggy bank!

* In relation to the CORE VALUE you've just written down **what are your CURRENT 'IF RULES'?**

Here are some example prompters to help you:



I will be _____ when _____

I will experience _____ when _____

I will feel _____ when _____

I will improve my _____ when/by _____

I will _____

* Look at them again, **could you make it EASIER to bring about this desired experience?**

I will be _____ when _____

I will experience _____ when _____

I will feel _____ when _____

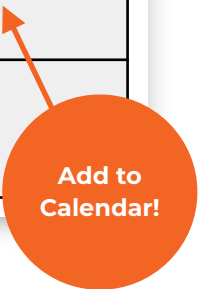
I will improve my _____ when/by _____

I will _____



HEALTHY HABIT #1

MY CORE DESIRED EMOTION, FEELING or VALUE	ACTION/S I WILL TAKE <u>THIS WEEK</u> <i>(Make it EASY to win, if busy just choose 1 action)</i>	BY WHEN?






When you take action to align more often with your CORE VALUES & what's most important to you, you tend to operate with a more definite sense of purpose because you know WHY you are doing something. You then become more motivated & make decisions that are better for you, allowing you to feel more fulfilled.

Remember to tune in deeply to the emotions / feelings associated with the experience, because that's where THE MAGIC HAPPENS!!

NEW EXPERIENCE RATING OF THIS VALUE (___ / ___ / 2022)

1 2 3 4 5 6 7 8 9 10

Cup is Empty 50/50 Cup is Over-flowing!

NOTES: WHAT IMPACT DID THAT HAVE ON YOU &/or OTHERS?

N.E.A.T

When the less favourable emotional experiences happen, it's not easy to keep your front brain online & processing everything well, but with practice you can improve the way you respond & react & manage these times better. When times get MESSY & you want to interrupt a downward spiral, by immediately thinking of the acronym **NEAT!**

N ORMAL

It's completely natural & normal to have emotions which may disrupt how you feel.

E XPECT IT

Because having emotions & feelings is so normal, expect them, including the ones you'd rather not, & in the future they'll come as less of a shock.

A CCEPT IT

The more you can do this, the easier you can unhook yourself from your energy being drained & instead, channel it into taking the next best positive action for yourself.

T IDY IT

UP

Decide on which action you will take help regulate your emotional response.

TIDYING IT UP

When you take action to TIDY UP your emotions/feelings, you can interrupt the intensity of the surge of chemistry & bodily sensations that normally take place. This helps you to regain a sense of emotional control sooner rather than later, you put yourself in to a better position to learn from the challenge & this helps to build your emotional flexibility & resiliency.

P AUSE

&

B REATHE

You can stop your mind from wandering in to the past/present & really help diffuse the destructive potential of an emotion.

L ABELLING

'NAME IT - TO TAME IT'. *Nothing is more effective at regulating an emotional response than a simple labelling process.*

It's a good idea to pay attention to HOW YOU EXPRESS the label for the emotion. You want to see if you can disassociate yourself from the emotion, notice the difference below:

 I am frustrated

 I am _____ frustrated.

E XPRESSING

You can do this by talking to trusted people or journalling.

Go a little deeper than labelling & include _____ you're feeling the emotion. Give your brains frontal lobe the chance to use reason & logic to figure things out. You're not avoiding or blaming but seeing the experience for what it is, and not worse.

Ideally use a matter-of-fact tone to establish new, less re-active neural pathways or responses around the emotion, instead of yelling.

When expressing yourself your intention should be to **RESOLVE** the emotional charge. Be mindful that you aren't over doing it or dwelling on things & firing the emotions back up too often

M OVEMENT

&

E XERCISE

The sooner the better! Great at boosting endorphins & building receptors in our brains that allow us to express the feel good/pleasure hormones. Also great at burning up unwanted stress hormones & adrenalin, if they hang around too long it affects our physical & emotional well-being. It's also great for clearing the mind & gaining a better perspective of things.

HEALTHY HABIT #2

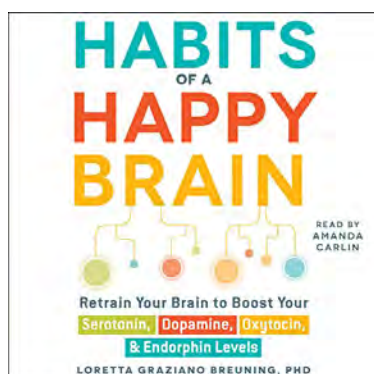
HEALTHY
HABIT
#2



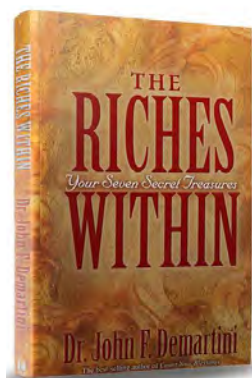
BE KIND, COMPASSIONATE & GIVING and PAY IT FORWARD.

During this next week, PLEASE choose 1 thing from today's session or in the follow-up resources to share with others. When you find something that has a great impact on your life, talk about it, share it & inspire others to do the same!

ADDITIONAL RESOURCES



Read [Habits of a Happy Brain - Loretta Graziano Breuning, PhD](#)



Read [The Riches Within - Dr John F Demartini](#)



Ted Talk [How to Become Your Best When Life Gives You Its Worst - Peter Sage](#)

* How you can deal with the toughest situations and become your best when life gives you its

FOLLOW - UP RESOURCES

Shared *AFTER* this session

▶ **PODCAST - AUDIO**

An audio recording summarising the main points covered in session, so that you can refresh on the details as often as you like.

▶ **'NAMS NOTE' - FOOTAGE**

Short recording between virtual sessions.