Take Control of Your Emotional Health
Part One.



Emotional Stability: How Can You Become More Emotionally Stable?

Let's face it, life can get pretty hectic and emotionally draining. We can easily end up spending more time stressing than being productive and it affects all aspects of our lives. Forced to multi-task, we don't really give the necessary time and attention to any particular project or goal, just to get by and make it to the next day.

Tips on Taking Control.

Instead of trying to deal with everything all at once, try analyzing the situation and breaking each element down using the following simple 3-step process. These three tips help us avoid impulsive decisions based on unstable emotions and make it easier to process, keeping our composure, reduce anxiety and move forward.

1. ***Perception is Everything.***

   Just because it's not a good situation doesn't mean we should hyper-focus on every negative point. Stop, take a deep breath and counteract the initial emotional response with positivity. There is something positive in everything; a blessing in disguise, a fortunate mistake. Serendipity.

2. ***Embrace the Challenge.***

   Our life's journey can throw all sorts of things in our paths all at once. Sometimes It gets bumpy and downright intolerable. Embrace these challenges. by accepting this basic concept, being caught off-guard is nearly impossible.

3. ***Action.***

   The final step in the initial assessment is to create a plan and act on it. Counter-attack problems with solutions. Be on the offensive team, not on the defensive. Standing still and accepting the situation doesn't get results, nor does it solve anything. We have to *make* a better future for ourselves happen.



Learn From Others

Sometimes, we stand in awe at the emotionally stable people around us, perplexed at how they keep it all together, whatever the situation. It's like these people have some sort of super power or genetic mutation enabling them to find this incredible balance in life. Let us take a deeper look together. The following traits are a few habits emotionally stable people have adopted: -

Not being Afraid to Say “No”

When the going gets tough and time is short, people who are smart about their time and energy don’t take on additional projects or responsibilities just to save face. They also don’t feel bad about saying no. Over-extending ourselves doesn’t serve anyone in the end.

Being a Nonconformist

Just because the crowd is doing it doesn’t mean they will. Emotionally stable people are willing to go against the grain if it means retaining their principles, dignity and self-worth. If they don’t believe in it, they just won’t buy into it. Being comfortable in our own skin is all about self-discovery and standing on convictions.

Choosing Relationships Wisely

Toxic people aren’t able to penetrate the emotionally stable person’s forcefield of intolerance. Close relationships should build us up, not tear us down. Think of it like this; a relationship is an investment.

Whether the relationship is personal or professional, we invest time, energy and a part of ourselves in every relationship we have. A good return on an investment is worth keeping. Likewise, no return, or a bad return on an investment, is worth simply leaving behind.

Never Pretending to Be Perfect

From the outside it may appear the emotionally stable person has it all together and is living a perfect life. However, they too have flaws and shortcomings. And they know it. Instead of focusing on those things they embrace them and move on. Usually, an emotionally stable individual won’t hesitate to admit their imperfections to others either. When we learn to accept ourselves, both the good and the bad, inner happiness and emotional strength shines through.

Ask for Help

Speaking of being imperfect, those with stable emotions don't feel threatened when they need help. And they always ask for it. Instead of spending countless hours on a task that they know will be daunting, they will build a circle or team of people with the appropriate skillsets to get the job done effectively and efficiently.

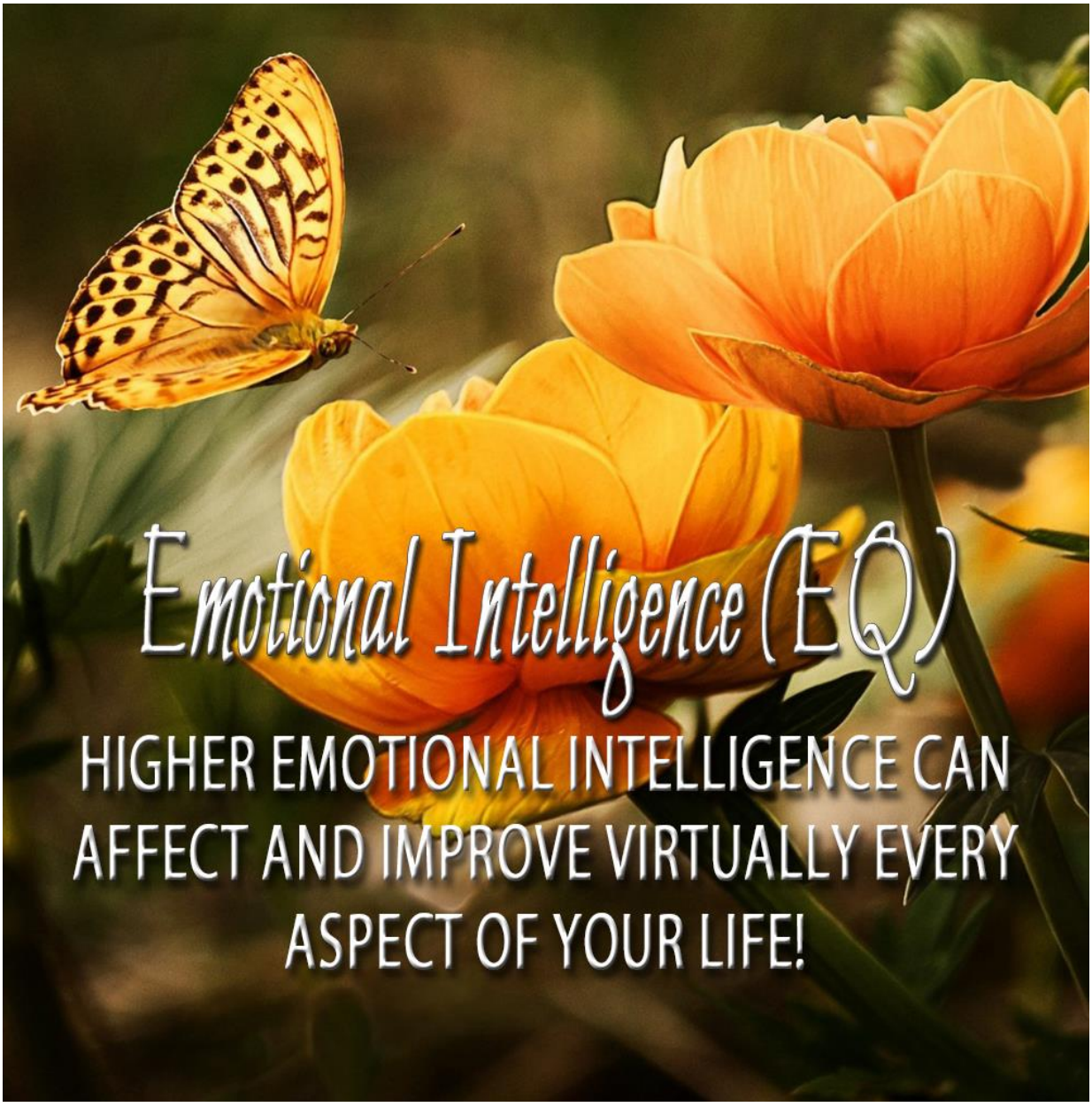
Think about it. Big companies are successful because they have teams of people performing certain duties. They don't treat the entire operation like a one man show.

Helping Others

Not only do emotionally stable people help others, they also cheer on their peers. Seeing another person succeed really is not the time for a critical assessment of yourself. It is the time to applaud a job well done. Those with weaker emotions sometimes become envious of another's successes. Strive to be a motivator! Be a cheerleader!

Becoming more emotionally stable really isn't difficult, but there is no magic potion to make it happen either. By incorporating these attitudes into our daily lives, little by little we change our overall perception and grow stronger with each positive move.

We hope you have enjoyed this first article on discovering how to improve your Emotional Health. In Part Two, we will look at how to manage your emotions effectively and learn how to increase your emotional energy.



Until Next Time/……