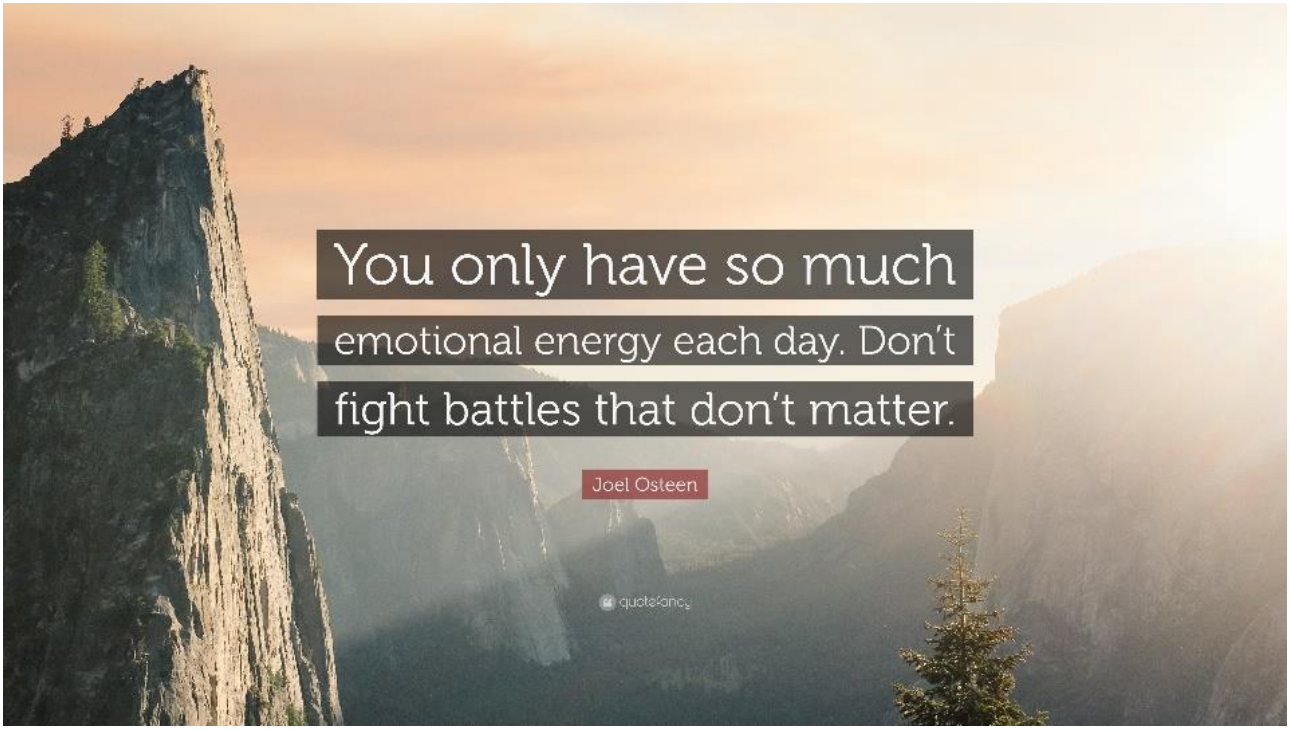
Take Control of Your Emotional Health Part Three.



How Do You Manage Your Emotions and Not Fight Them?

Human beings are equipped with many spectacular features. We have cognitive thinking skills and opposable thumbs. Our stomach acid is strong enough to dissolve metal and our brains process thought at approximately 1/20th of a second!

We also have lots of emotions, and for some people, it's hard to regulate emotions and re-act appropriately under certain circumstances. A simple trigger for a person who has difficulty managing emotions, might send them into a tailspin; resulting in a potential mental breakdown.

Others who are able to their control emotions effectively would have a more reasoned reaction. It would therefore seem logical to fight emotions which might bring on an unwanted reaction, however that's not really dealing with them.

Avoiding emotions is akin to hiding them away in a little box. The next time the box is disturbed, those same emotions are right there waiting to be released… rather *unleashed*… on some poor unsuspecting soul. It's not healthy and certainly not effective.

The next time emotions seem unmanageable, try the following guidelines: -

Accept & Allow Emotion

Anxiety, Sadness, Anger, Happiness… (and that's just the main four), are emotions that we all share. It's a part of life There are many, many more. The funny thing is, emotion doesn't require action. We, as humans, have assigned a specific action, or reaction, to any given emotion that we have previously encountered.

Beginning in early childhood emotions develop as we age and mature. We are the only ones in control of the reaction. So, the next time an unwanted or disturbing emotion strikes you, don't immediately re-act. stop and breathe deeply. Accept the presence of this emotion.

Decode the Emotion

With each emotion, look for the code. Our emotions are like little puzzles and until we figure out the code, we can't answer the questions the emotion is trying to ask. For instance:

- **Anger:** ***"Who or what is attacking my person or values?"***
- **Happiness:** ***"What have I achieved, acquired or increased?"***
- **Anxiety:** ***"Who or what is causing me fear?"***
- **Sadness:** ***"What have I lost, forgotten or misplaced?"***

The above are examples of what the four main emotions might be trying to figure out. Just like a Rubix cube, turning rows and columns to get all of the colours aligned on the same side, our minds are trying to process the depths of the present emotion to make sense of it all.

Challenge the Vantage Point

The Rubix cube has six sides. Try to consider this decoded emotion from all vantage points. Examine it from all sides and angles and consider all the potential possibilities. The bigger picture is easier to comprehend than an isolated moment in time.

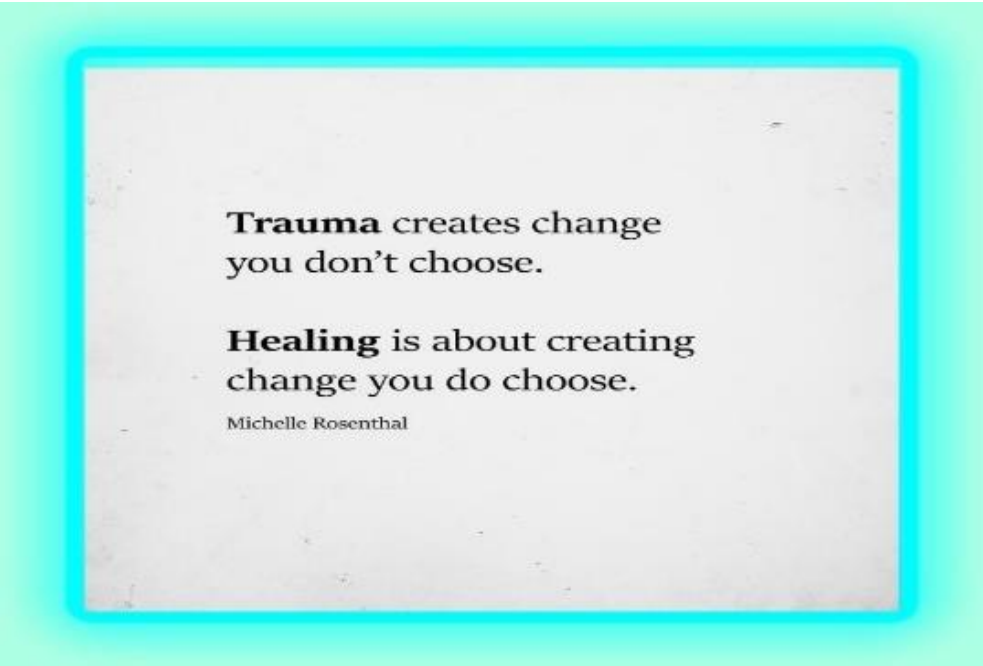
When arguing with a loved one, sometimes it gets heated. You could try to see it from their perspective. When a child becomes fussy and obstinate, our first emotion might not be pleasant but then we tend to look behind the scenes.

Perhaps the child is hungry or tired and hasn't yet figured out how to communicate it. Adults are no different. Challenge the vantage point. It could be a game changer!

Develop a Game Plan

Now is the time for action. Or, conversely no action at all. The emotion has been broken down, decoded and then assessed from all angles. Here is where we get to decide the next step. For the argument with the loved one, maybe a greater explanation is necessary, so they have a complete understanding the entire situation.

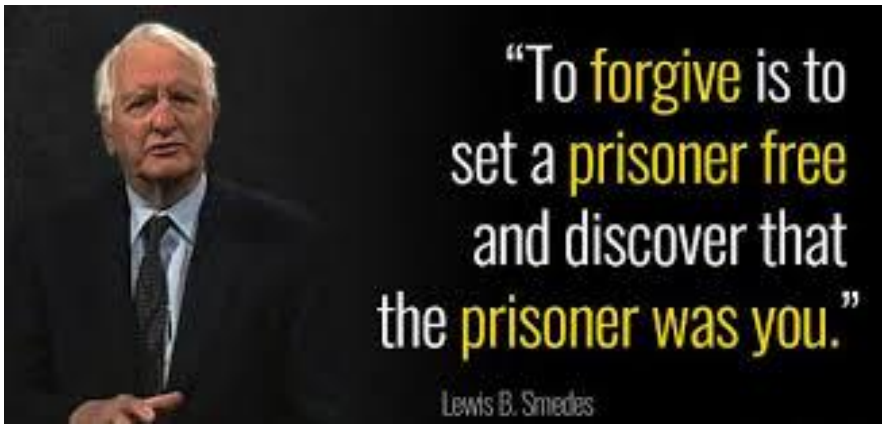
Maybe both parties need to walk away and come back to the conversation much calmer and ready to listen. For the situation with the child, instead of growling or getting upset with the tantrum, sympathize, express to them their need for sleep or food and guide the child in the right direction.



Reflect, Revise & Forgive

Often, we are our own worst critics. The most important thing in managing our emotions is to become calm, measured deep breathing will help.

Firstly, we should reflect on what has happened and then secondly consider our response to the emotion triggered. The first may beyond our control, but the second isn't. Being completely honest with yourself, decide if your response was the best approach for all concerned, including yourself. If not, revise the plan and try to do better next time. And last but not least, forgive.



None of us are perfect, we all make mistakes. We all act out of proportion to any given situation at one time or another. Self-forgiveness is crucial to grow and learn from the event. Emotions never cease they run through us all day long.

The next time an unpleasant emotion seems to have a tight grip and won't let go, take a few minutes to follow the guidelines above. Call on the mind and spirit and allow rational thoughts to dictate the next move. Don't be a victim to emotions, take control and don't fight them.



We hope you have enjoyed this article on improving your Emotional Health. In Part Four, we will look at what it means to be Emotionally Reactive and how you can overcome Emotional Sensitivity!

Until Next Time / ... ***Jonathan.***