Take Control of Your Emotional Health
Part Two.



How Can You Increase Your 'Emotional Energy'?

Taking minimal care of our bodies and minds simply isn't enough. Too often we can find our daily routines are completely overcome by anxieties caused by our emotions being stretched to the absolute limit. Making it from one day to the next, becomes almost intolerable.

It's high time to learn how to increase our emotional energy and get back on track with our lives. We often limit 'energy' to our physical body and our minds. The importance of having a good nutritional diet and meaningful exercise, in conjunction with good, restful sleep, is imperative to helping the physical body replenish the energy it needs.
Our minds thrive both on negative and positive energy. Trying to remain positive and seeing the glass half full instead of half empty can, at times be very difficult. We also have an emotional energy level that sometimes gets depleted when things get too hectic and we can't seem to find a sense of balance in our lives.

Mindfulness is fed through the knowledge acquired when we take action to address the situation.

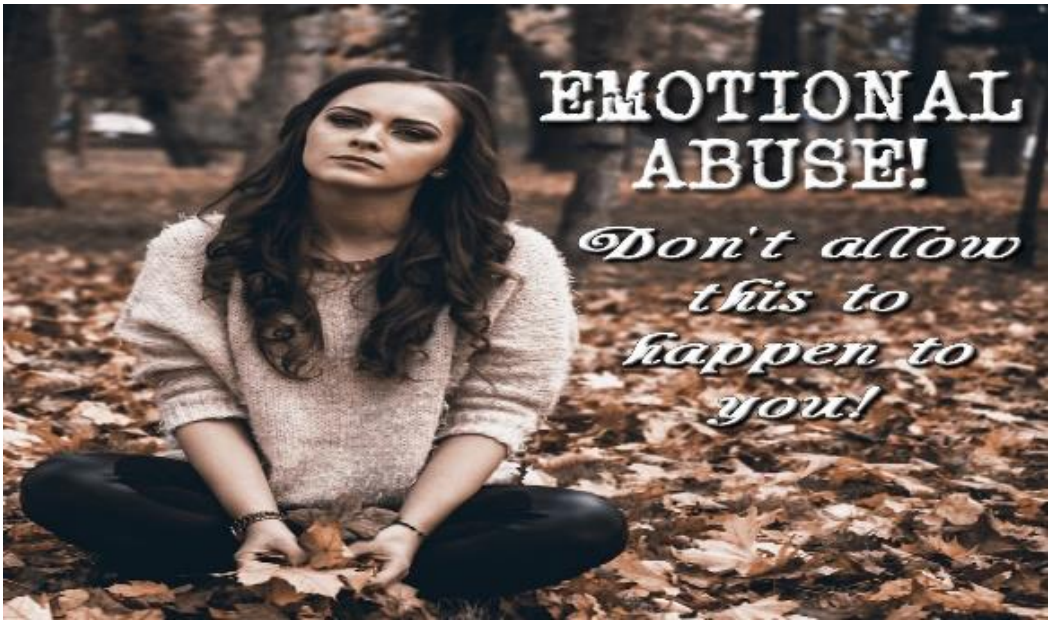
Like a car without fuel in the tank, it will inevitably come to abrupt halt. Without filling up our 'emotional tank', we are basically unable to perform at our best. We are left trying to conquer everything that life seems to throw our way - all the big and little bumps on the road of our life's journey.

Here are a few pointers of things we should avoid doing and, things we should definitely be doing to ensure we are increasing, and not depleting, our emotional energy: -

Toxic Clutter

Don't hang on to things that really don't matter. This pertains to both emotional baggage as well as physical items, they are just taking up unnecessary space. It's impossible to think straight, or rationally for that matter, when there is so much negative energy spilling over from every pore. **Feng Shui** living states, ***"If you're not in love with it, get rid of it."***

Do cleanse the mind, body and spirit of all things causing toxicity. Toxic people included. These things (and people) serve no purpose other than dragging a person down and certainly have a detrimental effect on your 'emotional tank'.



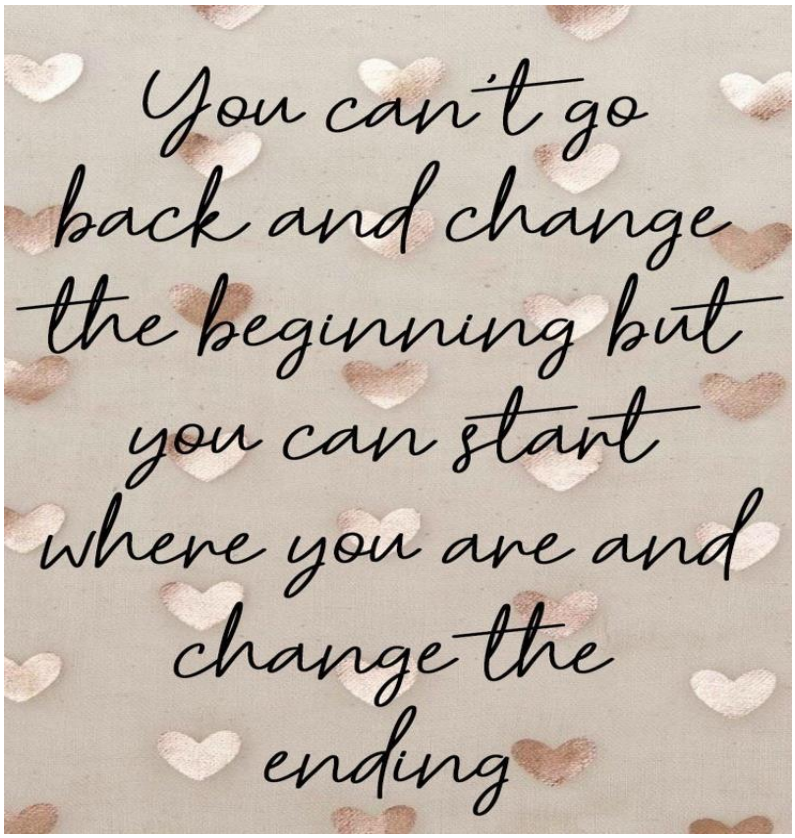
The Negativity Switch

Don't be overly critical of yourself or others. Focusing on everything that doesn't meet your own expectations, negatively impacts you as well as those around you.

If the kids have left a mess in the kitchen or an employee has messed up yet another task, just pointing it out without offering a little empathy and some sort of praise is like punching someone in the stomach, and then being surprised when they appear upset or say it that it hurts.

Do Try and make every effort to flip the negativity switch off and focus on the positive. Positivity begets more positivity. Instead of pointing fingers and making mountains out of molehills, try purposefully to notice the good.

It probably will not meet with your expectations right away, but when people and family members don't feel persecuted for trying, they are more inclined to do a better job next time. Lighten up and let it go. I am sure that you will be pleasantly surprised at the results of your efforts!



Independence Day

Don't live life based on what you believe others' expectations of you are. That constant feeling of not being good enough or meeting the expectations of others (and ultimately yourself) is emotionally draining. Question why you should work so hard to reach goals for the benefit of someone else when, it is *they* who will get all the satisfaction? – What is it doing for you?

Do set personal goals however, and strive to meet them for your own **personal satisfaction.** There is no age limit or predetermined time to ever stop learning and achieving self-betterment. The fact of the matter is that, it is probable that someone may well be disappointed by your ambitions. But you must break free of the people-pleasing shackles and emotional starvation. Prepare yourself to feel amazing.

'No' is Not a Dirty Word

Don't always be a Yes Man or Woman! Stop feeling obligated to go along with other people's plans, projects or ideas. It's far too easy for others to take advantage of the person who never says no!

Do set aside the fear of saying **NO** and be the instigator and creator of your own schedule. After all, there are only so many hours in a day, week or month. Remain realistic with what's being asked and if it's going to cause conflict with your own plans or another commitment, politely decline the request.
You may consider offering an alternative solution to the request but question whether it's really necessary? Stay in control!



Birds of a Feather…

Don't surround yourself with people who aren't going to be a positive influence. Negativity inevitably leads to more negativity. It's impossible to find any kind of joy with ***'Negative Norma'*** and '***Hateful Henry'*** who constantly bring pessimism and gloom into <u>every</u> conversation. It's a nasty cycle and emotionally exhausting.

Do endeavour to forge relationships with people who share your philosophy, values and ambitions, those individuals that are genuinely supportive. The kind of people who are living a happy and content life, actively promoting the vitality in themselves and others. You will discover that they are not concerned about other people's flaws and shortcomings as they are far too busy working on their own life's plan and providing support to others who contribute to their own shared well-being.



Distractions and Multi-tasking

Don't allow daily distractions to prevent your productivity or provide obstacles to your life's goals. Multi-tasking is sometimes unavoidable and necessary, but if your focus and attention is continuously divided, you will inevitably end up with sub-par results and disappointment.

Do take action, when your attention is needed to concentrate on specific tasks. Turn off the TV – (Record any ***'must see'*** program for later), Find a quiet place to work, move the smartphone out of sight (Switch it to answerphone) and really be present in the moment. We all deserve undivided attention and so does anything else we have committed to. Be respectful of time allotted and give yourself plenty of opportunity to perform at full capacity. The less we allow ourselves to be pulled in multiple directions, the better we stand emotionally.

Summary

The wonderful thing about emotional energy? Is it's ***Renewable!***
As we grow older, our physical and mental energies naturally decline. We tire more easily and the rolodex in our brains doesn't quite spin as fast as it once did. With practice and determination our emotional energy, gets easier to maintain, remaining 'fuel efficient' and positively emotionally charged.

We only get one human life to live. Find the things that bring joy. Crank up the radio, sing in the car! or dance like no-one's watching in the kitchen. Spend time on a hobby. Meditate or pray. Make someone smile. Eat dessert first. Whatever is good and positive, **do more of it**. We can't afford to spend days and years of our lives with regret and unhappiness. Go ahead and hit that "Reset" button on life and fill the emotional energy tank!

We hope you have enjoyed this second article on improving your Emotional Health. In Part Three, we will look at how you can understand and effectively manage your emotions and not waste energy needlessly trying to fight them!

Until Next Time / … ***Jonathan.***