

10 TOP TIPS TO MASTER YOUR EMOTIONS

1. Observe the impact of your emotions
2. Regulate your emotions
3. Get clear on what you are feeling
4. Accept your emotional experiences
5. Create a mood tracker
6. Pause and breathe
7. Express your emotions effectively
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9. Try meditation and mindfulness
10. Manage stress



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1. Observe the impact of your emotions

The spectrum of emotions has its purpose and so-called "bad emotions" and "good emotions" cannot function without one another.

Our lives are exciting, unique, and vibrant, because of the spectrum of the emotions that we can feel daily. If we occasionally feel overwhelmed emotionally, that is ok. The problem is if we find ourselves feeling overwhelmed every day.

When our emotions get out of control we might experience:

- relationship or friendship conflict
- difficulty relating to others
- trouble at work or school
- an urge to use substances to help manage your emotions
- physical or emotional outbursts

Therefore, it is important to observe and reflect daily on how are you feeling. Plus, it will help in detecting how your uncontrolled emotions are affecting your daily life. Such observations might help in identifying problem areas and also help track your success.

2. Regulate your emotions

Like in everything in life, finding the right balance between your emotions is the key. The balance between overwhelming feelings and no feelings at all will result in a healthy emotional expression.

Imagine if you can control your emotions with a dial. You wouldn't run them at maximum all the time, nor would you switch them off completely. Because when we suppress emotions we are preventing ourselves from experiencing and expressing our feelings.

Such behaviour can contribute negatively to mental and physical health symptoms.

Some of those symptoms can include:

- anxiety
- depression
- sleep issues
- muscle tension and pain
- difficulty managing stress
- substance misuse

To gain control over our emotions we need to allow ourselves to feel them and then analyse why we are feeling the way we do. This will help us to find the balance and understand our emotions better.



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3. Get clear on what you are feeling

To gain back control over your feelings you have to start checking in with yourself about your mood. For instance, if someone upsets us, we react in a way that we usually later regret. Such experience occurs because we react to the given emotion instantly, instead of grasping why we are feeling upset. There are certain things you can do to stop yourself from reacting instantly to your emotions. Before you respond you can interrupt yourself by asking:

- What am I feeling right now?
- What happened to make me feel this way?
- Am I seeing the whole picture here?
- What do I want to do about these feelings?
- Is there a better way of coping with them?

By interrupting yourself to consider possible alternatives, you're automatically reframing your thought patterns, which can help you modify your first extreme reaction.

This takes practice before it becomes a habit. However, going through these questions in your head will eventually help you calm down and evaluate your emotional reactions.

4. Accept your emotional experiences

The key is to accept emotions as they come, as it will help you towards getting more comfortable with them. When you are more comfortable with intense emotions you can have more control over them. Eventually, you will stop reacting in extreme or unhelpful ways, but in a way that will serve you or your situation better.

It is normal to feel a range of emotions even in a day. We can feel excited and anxious at the same time. The important thing to remember is not to judge the way you feel, but to be compassionate towards yourself and understand why you are feeling this way and then be ok with it.

To practice accepting emotions, try thinking of them as messengers. They're not "good" or "bad." They're neutral. Maybe they bring up unpleasant feelings sometimes, but they're still giving you important information that you can use. Accepting your emotions may lead to greater life satisfaction and fewer mental health symptoms.



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5. Create a mood tracker

Writing down your emotional experiences can help you uncover any disruptive emotional patterns and eventually gain more control over them.

Because when we put our feelings onto paper, we go through a process of reflection. This helps us understand our emotions on a deeper level.

It also helps you recognise when specific circumstances, like trouble at work or family conflict, contribute to harder-to-control emotions. Identifying specific emotions that trigger unwanted reactions is a skill worth learning. As it will help you to come up with more productive ways to manage emotions.

Journaling is a great way to develop this skill and it has to be done daily for the most benefit. Keep your journal with you and record intense emotions or feelings as they happen. Bring your attention to triggers and your reaction, if your reaction was unhelpful, use your journal to explore more helpful possibilities in the future. .

6. Pause and breathe

Sometimes we just need to pause and bring our awareness to our breath.

The power of a deep breath cannot be underestimated. Science has shown the multiply benefits of conscious deep inhales and long exhales. So why are we not paying more attention to the way we breathe? Have we forgotten to breathe properly?

The moment we come to this planet we know how to breathe fully and completely. If you observe a newborn you will notice that they naturally practice deep, or diaphragmatic, breathing by using the diaphragm, a muscle under the lungs, to pull air into the lungs. The belly expands and the chest rise as a newborn inhales air through the nose and into the lungs. On the exhale belly contracts. So, it is that simple.

When we are feeling emotionally distressed, our breathing becomes shallow. It is important to pause and remind yourself to take deep breaths in, filling your belly. Deep breathing exercises can help you pause and ground yourself. You will be able to take a step back from the first intense flash of emotion and any extreme reaction you want to avoid.



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7. Express your emotions effectively

There's a time and place for everything, including intense emotions.

There are certain situations when we can't help ourselves but react to our emotions instantly. For example, if we lose a loved one, sobbing uncontrollably is a pretty common and understandable response. But let's say if you just received unfair disciplinary action from your boss. Screaming and shouting in the face of your boss is probably not a good idea. However, this doesn't mean that you shouldn't let your frustrations out. Stepping out of the situation is a better way to deal with it than reacting to it instantly. Screaming and shouting in your pillow when you get home might be a good way to release some of the frustration out. This will help you clear your head and maybe come up with some ideas and solutions.

Expressing your emotions in this way is healthy, as you will still express your frustration, but in a safe space, with no further consequences. Being mindful of your surroundings and the situation can help you learn when it's OK to let feelings out and when you might want to sit with them for the moment.

8. Give yourself some space

To react reasonably when you experience intense emotions, getting some distance is a good way to do so.

This distance might be physical, like leaving an upsetting situation, or mental, by distracting yourself on purpose.

You have to be mindful not to block or avoid feelings entirely. However, it's not harmful to distract yourself until you're in a better place to deal with your feelings. It is important to remember to come back to them. Distractions are only healthy if they are temporary, and when you do them consciously.

To distract yourself try:

- taking a walk
- watching a funny video
- talking to a loved one
- spending a few minutes with your pet



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9. Try meditation and mindfulness

Meditation is a well-known practice that helps regulate our feelings because it involves increasing awareness of our body and mind.

When you sit in silence, you can take a moment to observe your mind and thought processes. What is your inner voice telling you?

Meditation can help you increase your awareness of thought patterns, feelings and experiences. When you meditate, you're teaching yourself to sit with whatever is going on inside of you. To notice them without judging yourself or attempting to change them or make them go away.

As mentioned above, learning to accept all of your emotions can make emotional regulation easier. Meditation helps you increase those acceptance skills. It also offers other benefits, like helping you relax and get better sleep.

10. Manage stress

Stress is not necessarily a 'bad' thing. Without this brilliant ability to experience stress, humankind wouldn't have survived. The challenge is when our body goes into a state of stress in inappropriate situations. When blood flow is going only to the most important muscles needed to fight or flee, brain function is minimised.

When you're under a lot of stress, managing your emotions can become more difficult. Even people who generally can control their emotions well might find it harder in times of high tension and stress.

Reducing stress, or finding more helpful ways to manage it, can help your emotions become more manageable.

Healthy ways to cope with stress include:

- getting enough sleep
- learn to say 'no'
- exercise
- spending time in nature
- making time for relaxation and hobbies
- talk to someone



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