

## The Emotional Manager:

### Manage Negative Emotions using the BETA formula:

#### 1. **Breathe!**

Neuroscience has shown that we have 6 seconds for the amygdala (the part of the emotional brain that is sensitive to negative emotions) to calm down. Use this conscious, continuous breathing methodology to stop and allow the pre-frontal cortex (allows responsible behavior) to kick in. Use CCB (Conscious, continues breathing) as we often hold our breath or forget to breathe when we are challenged. CCB forces the breath to be quiet, continuous conscious and steady.

#### 2. **Emotions – become aware**

Acceptance is the key to managing emotions. Honoring each of your feelings will keep you vitally connected to your inner voice while allowing your emotions to flow freely through you without numbing you or causing you excess discomfort. When we were little, our feelings came up strongly and we felt them fully and expressed them full-out, right? But suppressing those emotions causes them to fester into unnatural and unhealthy states like hate and depression. Hate happens when we compartmentalize our anger and blame someone or something for causing us to feel it. Depression happens when we compartmentalize and deny our sadness or anger. Meditation helps silence an overactive mind so that stored energies can get unstuck and you can hear your inner voice. Meditation for even just five minutes a day can make you more receptive to that voice all day long. The more often you meditate and the longer you can do it each time, the sooner you'll start to hear your deeply buried authentic voice speaking to you. Speaking most likely, your true desires. Becoming your most authentic self will mean learning how to tune in to those emotions and how to bring them to fruition. Embracing your despair unlocks the gateway to feeling equally intense joy. The biggest culprit here is the crazy, rampant idea that we should not ever have to feel bad. That idea is what leads us to resist and struggle. When you notice a negative feeling, consciously welcome that feeling, too. Invite it in. Mentally pull yourself back into the witness state and observe yourself- say to yourself "How interesting that I'm feeling this right now" Doing this will remind you that you are not the feeling; you are separate from it. Ask the feeling what its gift is and remain open for an answer to come to you, even if it doesn't right away. Try to feel grateful for the feeling. Ask yourself "What am I feeling right now? and "What would I like to be feeling?" Directing your attention to what you want to feel and vividly imagining that feeling, will naturally open up ideas and possibilities that will lead you to have the feelings you want.

### 3. Time – take time to make several choices

Never forget emotions are contagious and that you have a choice to either impact your environment positively or negatively. Remember too, that positive and or optimistic thoughts enable innovative processes in the brain.

In a new study released by Tali Sharot a research Fellow at University College London's Neuroimaging has highlighted that negative expectations shape outcomes in a negative way. A neuroscientist, Sara Bengtsson, devised an experiment in which she manipulated positive or negative expectations of students whilst scanning their brains. She primed the students with either *smart, intelligent, clever or stupid and ignorant* before asking them to perform a test. When they examined the brain imaging data, they found that the students responded differently to mistakes they made. When primed positively they observed activity in the anterior part of the prefrontal cortex that is involved in self-reflection and recollection. The students primed with negative expectations, expected to do poorly and therefore were not surprised when they made a mistake. Failing to learn from mistakes means we are less likely to improve over time. Expectations therefore become self-fulfilling by altering our performance and actions which ultimately affects what happens in the future. Therefore, positive expectations enhance the odds of survival. Bear this in mind as you take time to make your choices.

Secondly, It is also important to remember, that in taking time to select your choices, you slow down the response of your amygdale (your emotional center) from transmitting a negative neuroendocrine cascade that can trigger the HPA (hypothalamic adrenaline axis) a devastating stress response, which under certain conditions can hamper the workings of the rational brain.

1. *What is my first choice?*
2. *What is my second choice?*
3. *What is my third choice?*

### 4. Awaken to your best self

Having a defined higher purpose, you need to ask yourself. Is my response aligned with my higher self? Is this what I am about? If not make the necessary adjustments or continue reacting accordingly.

**Remember to keep these steps in mind: (BETA)**

1. **Breath** – use conscious and continuous breathing (CCB)

2. **Emotions** – *became aware of them: Accept your emotions, don't judge them, experience them, put yourself in the witness state. Ask what would I like to be feeling?*
3. **Take time** to consider your choices
4. **Awaken your higher self:** *Remind yourself of your higher purpose*

