

ON EMOTIONAL MANAGEMENT

WHAT IS IT, AND WHY IS IT IMPORTANT?

WHAT IS EMOTIONAL MANAGEMENT?



It's the ability to:

- Recognize your emotions as they show up in your body.
- Acknowledge the emotions and choose a coping skill
- Make values-aligned decisions even in emotionally-charged situations

IMAGINE A CUP



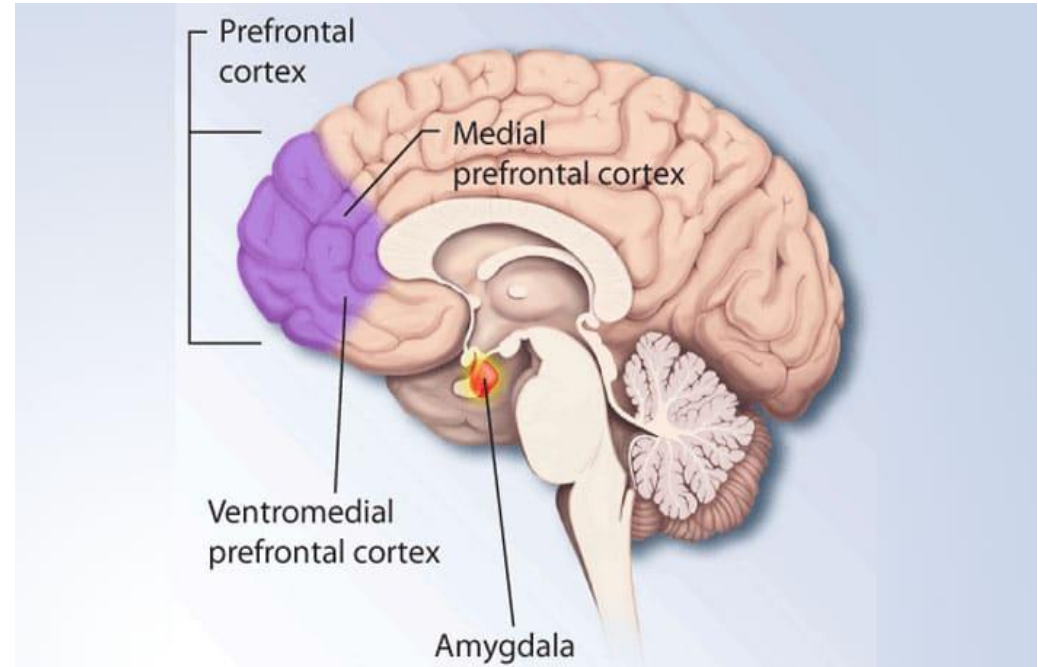
- Everyone has an ‘EMOTIONAL CAPACITY CUP’
- As emotions go up (ie the cup starts to fill), your ability to think clearly goes DOWN.
- When your cup has spilled over, you have lost the ability to think clearly.
 - This is when we do & say things we normally wouldn't - ie: yell, fight, shut down.

Again, **AS EMOTIONS GO UP, ABILITY TO THINK CLEARLY GOES DOWN**



WHAT HAPPENS WHEN YOUR CUP 'SPILLS OVER'

- Your prefrontal cortex is responsible for your emotional management system.
- When your cup is 'in bounds,' your prefrontal cortex is online.
- When your cup spills over, your prefrontal cortex SHUTS OFF and you are in your AMYGDALA.
- The amygdala is also known as the 'reptilian brain'
- The amygdala is where FIGHT, FLIGHT, or FREEZE lives



A WORD ABOUT FIGHT, FLIGHT, OR FREEZE



- When you are in your amygdala, you are trying to SURVIVE
- This is natural - it happens to everyone
- When you are in survival mode, you are trying to get CONTROL OF THE SITUATION.
- However, because you are not able to think clearly (because the prefrontal cortex is offline), you do or say things that ARE OUTSIDE OF YOUR VALUES SYSTEM.
- That is why, when you have calmed down, you often feel guilty for what you said or did.
- Guilt is a GREAT INDICATOR that you may have acted outside of your values.

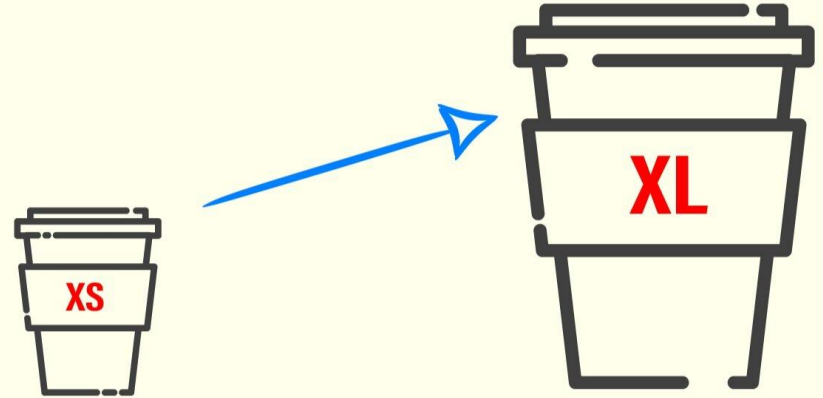


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SO WHAT ABOUT THIS CUP?

- Great news! You can grow the size of your cup!
- This will give you MORE TIME before your cup spills over!

The question is: **HOW DO I GROW THE SIZE OF MY CUP?**



**how big is your
emotional capacity cup?**

GROWING THE SIZE OF YOUR CUP



MINDFULNESS

- Present-focused, non-judgmental awareness
- Research shows it's the quickest way to grow the size of your cup
- 30-minutes (non-consecutive) for 8 weeks will CHANGE YOUR BRAIN!
- Meditation, breathwork, body movements, etc ... **all** are mindfulness.

PRACTICE

- Begin to pay attention to your emotions
- Notice your 'triggers' - ie, when you begin to feel upset
- Notice your emotions as they arise in your body
 - See if you can begin to see where specific emotions 'live'
- Use the 'cup' metaphor when you are in challenging situations - ie: 'My cup is filling up right now!'



REMEMBER ...

AS EMOTIONS GO UP, YOUR ABILITY TO THINK
CLEARLY GOES DOWN



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