Mastering Mindfulness for Emotional Management Part #1

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The meaning of emotions refers to a natural, instinctive state of mind that arises from one's circumstances, mood, or relationships with others. We experience emotions in both negative and positive ways.

Negative emotions arise when:

- Things don't go your way.
- Things don't go as expected.
- The situation is uncertain.
- You don't feel safe.
- You feel discomfort in your body.

Positive emotions arise when:

- Things go your way.
- Things go as expected.
- The situation is certain.
- You feel safe.
- You feel good physically.

Our emotions can be caused by:

- Work: Deadlines, duties, responsibilities, etc.
- Relationships: Competition, control issues, boundary violations, etc.
- Situations (Environment): Traffic, inflation, violence, war, weather, etc.
- Yourself- Your behaviors, your goal, your appearance, your ability, etc.

We handle emotions by suppressing, expressing, or mastering them:

- Suppressing emotions: Avoiding them in various ways, which can lead to addiction.
- Releasing emotions: Talking about them, shouting, complaining, blaming, throwing things, or hurting oneself or others.
- Mastering emotions: Achieving a state of awareness through practices like breathwork, exercise, meditation, yoga, Tai Chi, mindfulness, connecting with nature, and self-reflection.

There are two approaches to being aware of emotions:

1. Attaching to emotions:

   "I am angry."

   "I am anxious."

   "I am worried."

   "I am fearful."

2. Detaching from emotions:

   "I feel anger."

   "I feel anxiety."

   "I feel worry."

   "I feel fear."

To master emotions, we need to restore the natural energy circulation system in the body through exercises and change the habit of treating emotions in a detached way.

How to become a master of your emotions:

Recommendations to become master of your emotions

- Daily refreshing
- Healthy mindset

Exercise | Principles

Workshop | Vision

- Developing sense
- Self Motivation