

# PEACEFUL CHAOS



**RESOURCE CHEAT SHEET**

These resources are organized by chapters and provide you with more information that can help you on your journey to master your emotions and eliminate anxiety.

## Chapter 1: The Emotional Body

### Articles

- Listen to your emotional body: <https://kripalu.org/resources/listen-your-emotional-body>
- What is the emotional body: <https://pranaworld.net/what-is-the-emotional-body/>
- Mapping How Emotions Manifest in the Body: <https://www.theatlantic.com/health/archive/2013/12/mapping-how-emotions-manifest-in-the-body/282713/>
- An Atlas Of The Human Body That Maps Where We Feel Emotions: <https://www.fastcompany.com/3024327/an-atlas-of-the-human-body-that-maps-where-we-feel-emotions>
- Yoga For The Emotional Body: <https://msp.edu/yoga-emotional-body/>

### Video

- Science Bulletins: Mapping Emotions in the Body: [https://www.youtube.com/watch?v=cZP\\_I6NkQb4](https://www.youtube.com/watch?v=cZP_I6NkQb4)

## Chapter 2: Research on Emotions

### Articles

- 7 Amazing Facts About Emotions You Should Know: <https://www.6seconds.org/2018/02/19/7-amazing-facts-emotions-know/>
- 11 Interesting Facts About Human Emotions That You Should Know: <https://www.storypick.com/facts-about-emotions/>
- 7 Astonishing Facts About the Science of Emotions: Shedding light on the inner workings of our soul: <https://www.goodnet.org/articles/7-astonishing-facts-about-science-emotions-list>
- Functions of Emotions: <https://openpress.usask.ca/introductiontopsychology/chapter/functions-of-emotions/>

# Chapter 3: Your Mind and Its Impact on Your Emotions

- Your mind and your body are not separated:  
<https://www.elephantjournal.com/2012/10/your-mind-body-are-not-separate/>
- Feeling Our Emotions:  
<https://www.scientificamerican.com/article/feeling-our-emotions/>
- Mind/Body Connection: How Your Emotions Affect Your Health:  
<https://familydoctor.org/mindbody-connection-how-your-emotions-affect-your-health/>
- Emotions and the Brain – Or How to Master “The Force”:  
<https://kids.frontiersin.org/article/10.3389/frym.2016.00016>
- What Goes on in Your Mind When You Feel Emotions?: What are the key ingredients of emotions?:  
<https://www.psychologytoday.com/us/blog/science-choice/201502/what-goes-in-your-mind-when-you-feel-emotions>
- 5 Ways Your Brain Influences Your Emotions:  
<https://science.howstuffworks.com/life/inside-the-mind/human-brain/5-ways-your-brain-influences-your-emotions.htm>

## **Videos**

- You aren't at the mercy of your emotions -- your brain creates them by Lisa Feldman Barrett:  
<https://www.youtube.com/watch?v=0gks6ceq4eQ>
- Emotions and the brain:  
<https://www.youtube.com/watch?v=xNY0AAUth3g>

# Chapter 4: Embracing Your Emotions Through Awareness

## Articles

- Mind your emotions: why emotional agility is the key to personal growth: <https://www.jotform.com/blog/emotional-agility/>
- How to master your emotions by emotional intelligence: <https://www.youtube.com/watch?v=QGQQ7pJQqHk>
- Emotional Awareness – What It Is and Why You Need It: <https://www.harleytherapy.co.uk/counselling/emotional-awareness.htm>
- The Benefits of Emotional Awareness - Insights into our emotions from Paul Ekman: <https://www.psychologytoday.com/us/blog/between-cultures/201801/the-benefits-emotional-awareness>
- 5 scientific steps to raise your emotional awareness and gain control: <https://psychologycompass.com/blog/emotional-awareness/>
- 5 Ways to Be More Aware of Your Emotion: <https://www.hopkinsallchildrens.org/Patients-Families/Health-Library/HealthDocNew/5-Ways-to-Be-More-Aware-of-Your-Emotions>
- How Emotionally Self-Aware Are You?: <https://www.mindful.org/emotionally-self-aware/>

## Video

- Body Scan Meditation by Daniel Goleman: [https://www.youtube.com/watch?time\\_continue=2&v=TZleyPyfG3I&feature=emb\\_logo](https://www.youtube.com/watch?time_continue=2&v=TZleyPyfG3I&feature=emb_logo)
- Emotions and Awareness (The Witness) – by Ram Dass: [https://www.youtube.com/watch?v=Z\\_oMGqCFDdE](https://www.youtube.com/watch?v=Z_oMGqCFDdE)

# Chapter 5: Behaviors That Influence Your Emotions

## Articles

- Emotions and Types of Emotional Responses: The 3 Key Elements That Make Up Emotion:  
<https://www.verywellmind.com/what-are-emotions-2795178>
- The effect of emotions on your behaviour depends partly on your expectations: <https://digest.bps.org.uk/2017/10/20/the-effect-of-emotions-on-your-behaviour-depends-partly-on-your-expectations/>

## Video

- The Gift and Power of Emotional Courage TED Talk from Susan David: <https://youtu.be/NDQ1Mi5l4rg>

# Chapter 6: Managing Your Emotions Through Breathing

## Articles

- Functional correlation between breathing and emotional states:  
<http://medcraveonline.com/MOJAP/MOJAP-03-00108.pdf>
- Change How You Feel: Change How You Breathe:  
<https://psychcentral.com/lib/change-how-you-feel-change-how-you-breathe/>
- The Way You Breathe Could Be Affecting Your Emotions:  
<https://www.sciencealert.com/the-way-you-breath-could-change-your-emotions>
- 7 breathing techniques for any emotional problem:  
<https://www.healthista.com/7-breathing-techniques-to-help-balance-your-mind-body-and-soul/>

# Chapter 7: Techniques to Feel at Peace When Your Life Is Chaotic

## Articles

- How To Flush Negative Emotions From Your Body: Turmoil is when an expression fails to fully, physically materialize:  
<https://medium.com/@briaeliza/how-to-flush-negative-emotions-from-your-body-2b73264ad018>
- 12 Simple Ways To Find Peace Amid A Chaotic Life:  
<https://goodmenproject.com/featured-content/12-simple-ways-to-find-peace-amid-a-chaotic-life-gmrX/>
- Find Inner Peace in Chaos: <http://theinnerentrepreneur.com/find-inner-peace-in-chaos/>
- 4 Steps to calm the chaos in your mind:  
<https://www.virtua.org/articles/4-steps-to-calm-the-chaos-in-your-mind>
- 14 Ways To Keep Calm Even In The Chaos Of Life:  
<https://medium.com/the-mission/how-to-stay-peaceful-when-life-is-insanely-busy-and-stressful-22ba927c40ce>

# Chapter 8: Developing Emotional Intelligence

## Articles

- Emotional intelligence toolkit:  
<https://www.helpguide.org/articles/mental-health/emotional-intelligence-toolkit.htm>
- What is Emotional Intelligence? +18 Ways To Improve It:  
<https://positivepsychology.com/emotional-intelligence-eq/>

## Videos

- The Power of Emotional Intelligence by Travis Bradberry:  
<https://youtu.be/auXNnTmhHsk>
- “Why Aren’t We More Compassionate?” by Daniel Goleman:  
<https://youtu.be/mefC12rQovI>
- “The People Currency: Practicing EI” by Jason Bridges:  
<https://youtu.be/7z0asInbu24>
- 6 Steps to Improve Your Emotional Intelligence TED Talk from Ramona Hacker: [https://youtu.be/D6\\_J7FfgWVc](https://youtu.be/D6_J7FfgWVc)



# Chapter 9: Achieving a Deeper Understanding of Your Emotions

## Articles

- How To Release Emotions Stuck In Your Body: <https://www.acesconnection.com/blog/how-to-release-emotions-stuck-in-your-body>
- Understanding Emotions and How to Process Them: The adaptive and maladaptive processing of emotions: <https://www.psychologytoday.com/us/blog/theory-knowledge/201701/understanding-emotions-and-how-process-them>
- 10 Extremely Precise Words for Emotions You Didn't Even Know You Had: <https://www.thecut.com/2016/06/10-extremely-precise-words-for-emotions-you-didnt-even-know-you-had.html>

# Chapter 10: Redesigning Your Life to Eliminate Anxiety

## Articles

- 17 Simple Ways to Relieve Worry, Stress, and Anxiety: [https://hopeforhealingfoundation.org/17-simple-ways-to-relieve-worry-stress-and-anxiety/?gclid=EAlaIQobChMI66TGm5LS6QIVF43ICh0KWQE7EAYAiAAEgK0-PD\\_BwE](https://hopeforhealingfoundation.org/17-simple-ways-to-relieve-worry-stress-and-anxiety/?gclid=EAlaIQobChMI66TGm5LS6QIVF43ICh0KWQE7EAYAiAAEgK0-PD_BwE)
- 9 Ways to Reduce Anxiety Right Here, Right Now: <https://psychcentral.com/lib/9-ways-to-reduce-anxiety-right-here-right-now/>
- 21 Quick Tips to Change Your Anxiety Forever: Lead a happier, healthier life with these calming strategies.
- <https://www.psychologytoday.com/us/blog/anxiety-zen/201405/21-quick-tips-change-your-anxiety-forever>

## **Videos**

- Overcome anxiety in seven minutes by Mel Schwartz at TEDxBeaconStreet:  
[https://www.ted.com/talks/mel\\_schwartz\\_overcome\\_anxiety\\_in\\_7\\_minutes?language=en](https://www.ted.com/talks/mel_schwartz_overcome_anxiety_in_7_minutes?language=en)
- 3 Ways to Overcome Anxiety by Olivia Remes at TEDxKlagenfurt:  
[https://www.ted.com/talks/olivia\\_remes\\_3\\_ways\\_to\\_overcome\\_anxiety](https://www.ted.com/talks/olivia_remes_3_ways_to_overcome_anxiety)
- Be The Warrior Not The Worrier - Fighting Anxiety & Fear by Angela Ceberano: <https://www.youtube.com/watch?v=-FyVetL1MEw>