

PEACEFUL CHAOS



CHECKLIST

CHECKLIST

- Emotional body
 - Sensitive to what is experience around us
 - Cause physical and psychological illnesses
 - Impact on anxiety
 - Emotional imbalances
- Research and emotions
 - Stoicism philosophy
 - Ability to not let events trigger emotional disturbances
 - Remain calm
 - Resilient to stress
 - Undisturbed by chaos
 - Emotions are on a spectrum
 - Love and Fear
 - Gradient of other emotions in between
 - Emotional crisis
 - Disconnect in the brain
 - Intense emotions block the neocortex
 - Emotions for survival
 - Helps us grow
 - Emotions are neutral
 - Emotions versus feelings
 - Emotions
 - Physical reaction
 - Neutral
 - Last between 1 and 2 minutes
 - Focused in the moment
 - Bio-regulatory function
 - Discharge of emotion allows equilibrium in the body
 - Feelings
 - Mental construction
 - Perceived as good or bad
 - Can last a long time
 - Focus on the past or future

- Emotions and the mind
 - Feelings
 - Combination of emotions
 - Manifestation of repressed emotions
 - Emotions become stronger when re-experienced
- Expressing emotions
 - Discharge of emotions
 - Healthy
 - Repress of emotions
 - Unhealthy
 - Cause stress
 - Cause illnesses
 - Avoiding emotions
 - Distracting with external factors
 - Smoking
 - Drinking
 - Eating
 - Social Networking
 - Reacting to emotions
 - Burst of anger
 - Tantrum
 - Depression
 - Scream
 - Violent actions
 - Reactivity
 - Resisting emotions
 - Bury deep down
 - Effort and concentration required
 - Pressure cooker building

- Embracing emotions
 - Observe the physical change of emotions
 - Meditation and mindfulness
 - Breathing
 - Concentration and focus
 - Observing the emotions
 - Feel the changes
 - *Ask yourself*
 - *Where is the emotion located in my body?*
 - *Is it in my head?*
 - *In my throat?*
 - *Is it in my heart or my lungs?*
 - *Is it in my belly?*
 - *Do I feel it in my hands?*
 - *What exactly does it feel like?*
 - *Does my emotion come on suddenly?*
 - *Does it gradually increase in intensity?*
 - *Is the sensation burning or freezing?*
 - *Is it comparable to stabbing pain?*
 - *Do I feel like I'm suffocating?*
 - *What things evoke this emotion in me?*
 - *What is the color of this emotion?*
 - *What is its shape?*
 - *What music goes with this emotion?*
- Behaviors and emotions
 - Self-destructive behaviors
 - Addictive behaviors
 - Obsessing thoughts and behaviors
 - Stubbornness
 - Depression
- Managing emotions through breathing
 - Breathing is a physical technique to calm emotions
 - Bring more oxygen to the body
 - Increase energy in the body
 - Change the chemistry in the body
 - Imbalanced breathing impacts the body
 - Heartbeat acceleration
 - Breathing acceleration

- Body in alertness
 - Muscles contracts
 - Pupils dilate
 - Body ready to defend
 - Stress arises in the body
- Deep breathing impacts the body
 - Regain neutrality
 - Regain stability in the body
 - Reduce anxiety, anger and fear
- Deep breathing technique
 - Inhale through the nose
 - Fill the lower abdominal
 - Fill the middle part of the belly
 - Fill the thoracic part
 - Exhale through the mouth
 - Exhale air from thoracic part
 - Exhale air from middle part of the belly
 - Exhale air from thoracic part
 - Practice several times a day
- Technique during stressful times
 - Inspiration with a 4 second count
 - Hold air in lungs for 4 second count
 - Exhale for a 4 second count
 - Practice until feeling calm
- Technique to feel at peace
 - Meditation
 - Sit quietly for one to two minutes
 - Get comfortable
 - Scan your body
 - What sensations can you notice?
 - Is your posture straight and relaxed?
 - Is your breathing relaxed?
 - Bring your awareness to your breath
 - Look at the environment around you
 - Observe without judgment
 - Do not focus on one location

- Emotional Intelligence
 - Ability to manage, understand and conduct emotions
 - Can be developed in many ways
 - Eliminate the habit of judging
 - Identify your strengths and weaknesses
 - Be assertive
 - Express your emotions
- Deeper understanding of emotions
 - 5 emotional wounds
 - Rejection
 - Abandonment
 - Humiliation
 - Injustice
 - Betrayal
 - Steps to heal
 - Commitment
 - Be open to heal
 - Observe yourself
 - Forgive and accept
 - Move on
- Eliminate anxiety
 - Move
 - Sleep
 - Meditate
 - Surrender
 - Have Fun
 - Socialize
 - Write