



# **PEACEFUL CHAOS**

## **1. Emotions and the Mind**

### 1.1. Feelings

#### 1.1.1. Combination of emotions

#### 1.1.2. Manifestation of repressed emotions

### 1.2. Emotions become stronger when re-experienced

## **2. Emotional Body**

### 2.1. Sensitive to what is experience around us

#### 2.1.1. Cause physical and psychological illnesses

##### 2.1.1.1. Impact on anxiety

##### 2.1.1.2. Emotional imbalances

## **3. Research and Emotions**

### 3.1. Stoicism philosophy

#### 3.1.1. Ability to not let events trigger emotional disturbances

#### 3.1.2. Remain calm

#### 3.1.3. Resilient to stress

#### 3.1.4. Undisturbed by chaos

### 3.2. Emotions are on a spectrum

#### 3.2.1. Love and Fear

##### 3.2.1.1. Gradient of other emotions in between

### 3.3. Emotional crisis

#### 3.3.1. Disconnect in the brain

##### 3.3.1.1. Intense emotions block the neocortex

### 3.4. Emotions for survival

3.4.1. Helps us grow

3.5. Emotions are neutral

3.6. Emotions versus feelings

3.6.1. Emotions

3.6.1.1. Physical reaction

3.6.1.1.1. Neutral

3.6.1.2. Last between 1 and 2 minutes

3.6.1.2.1. Focused in the moment

3.6.1.3. Bio-regulatory function

3.6.1.3.1. Discharge of emotion allows equilibrium in the body

3.6.2. Feelings

3.6.2.1. Mental construction

3.6.2.1.1. Perceived as good or bad

3.6.2.2. Can last a long time

3.6.2.2.1. Focus on the past or future

## **4. Behaviors and Emotions**

4.1. Self-destructive behaviors

4.1.1. Addictive behaviors

4.1.2. Obsessing thoughts and behaviors

4.1.3. Stubbornness

4.1.4. Depression

## **5. Technique to Feel at Peace**

5.1. Meditation

5.1.1. Sit quietly for one to two minutes

5.1.2. Get comfortable

5.1.3. Scan your body

5.1.3.1. What sensations can you notice?

5.1.3.2. Is your posture straight and relaxed?

5.1.3.3. Is your breathing relaxed?

5.1.4. Bring your awareness to your breath

5.1.5. Look at the environment around you

5.1.5.1. Observe without judgment

5.1.5.2. Do not focus on one location

## **6. Eliminate Anxiety**

6.1. Move

6.2. Sleep

6.3. Meditate

6.4. Surrender

6.5. Have Fun

6.6. Socialize

6.7. Write

## **7. Deeper Understanding of Emotions**

7.1. 5 emotional wounds

7.1.1. Rejection

7.1.2. Abandonment

7.1.3. Humiliation

7.1.4. Injustice

7.1.5. Betrayal

7.2. Steps to heal

7.2.1. Commitment

7.2.2. Be open to heal

7.2.3. Observe yourself

7.2.4. Forgive and accept

7.2.5. Move on

## **8. Emotional Intelligence**

8.1. Ability to manage, understand and conduct emotions

8.2. Can be developed in many ways

8.2.1. Eliminate the habit of judging

8.2.2. Identify your strengths and weaknesses

8.2.3. Be assertive

8.2.4. Express your emotions

## **9. Managing Emotions through Breathing**

9.1. Breathing is a physical technique to calm emotions

9.1.1. Bring more oxygen to the body

9.1.2. Increase energy in the body

9.1.3. Change the chemistry in the body

9.2. Imbalanced breathing impacts the body

9.2.1. Heartbeat acceleration

9.2.2. Breathing acceleration

9.2.3. Body in alertness

9.2.4. Muscles contracts

9.2.5. Pupils dilate

9.2.6. Body ready to defend

9.2.6.1. Stress arises in the body

9.3. Deep breathing impacts the body

9.3.1. Regain neutrality

9.3.2. Regain stability in the body

9.3.3. Reduce anxiety, anger and fear

9.4. Deep breathing technique

9.4.1. Inhale through the nose

9.4.1.1. Fill the lower abdominal

9.4.1.2. Fill the middle part of the belly

9.4.1.3. Fill the thoracic part

9.4.2. Exhale through the mouth

9.4.2.1. Exhale air from thoracic part

9.4.2.2. Exhale air from middle part of the belly

9.4.2.3. Exhale air from thoracic part

9.4.3. Practice several times a day

9.5. Technique during stressful times

9.5.1. Inspiration with a 4 second count

9.5.2. Hold air in lungs for 4 second count

9.5.3. Exhale for a 4 second count

9.5.4. Practice until feeling calm

## **10. Embracing Emotions**

## 10.1. Ask yourself

### 10.1.1. Where is the emotion located in my body?

10.1.1.1. Is it in my head?

10.1.1.2. In my throat?

10.1.1.3. Is it in my heart or my lungs?

10.1.1.4. Is it in my belly?

10.1.1.5. Do I feel it in my hands?

### 10.1.2. What exactly does it feel like?

10.1.2.1. Does my emotion come on suddenly?

10.1.2.2. Does it gradually increase in intensity?

10.1.2.3. Is the sensation burning or freezing?

10.1.2.4. Is it comparable to stabbing pain?

10.1.2.5. Do I feel like I'm suffocating?

### 10.1.3. What things evoke this emotion in me?

10.1.3.1. What is the color of this emotion?

10.1.3.2. What is its shape?

10.1.3.3. What music goes with this emotion?

## **11. Observe the physical change of emotions**

11.1. Meditation and mindfulness

11.2. Breathing

11.3. Concentration and focus

11.4. Observing the emotions

11.5. Feel the changes

## **12. Expressing Emotions**

### 12.1. Discharge of emotions

#### 12.1.1. Healthy

### 12.2. Repress of emotions

#### 12.2.1. Unhealthy

##### 12.2.1.1. Cause stress

##### 12.2.1.2. Cause illnesses

### 12.3. Avoiding emotions

#### 12.3.1. Distracting with external factors

##### 12.3.1.1. Smoking

##### 12.3.1.2. Drinking

##### 12.3.1.3. Eating

##### 12.3.1.4. Social Networking

### 12.4. Reacting to emotions

#### 12.4.1. Burst of anger

#### 12.4.2. Tantrum

#### 12.4.3. Depression

#### 12.4.4. Scream

#### 12.4.5. Violent actions

#### 12.4.6. Reactivity

### 12.5. Resisting emotions

#### 12.5.1. Bury deep down

#### 12.5.2. Effort and concentration required

#### 12.5.3. Pressure cooker building