

Keeping emotions in check when stressed

One of the easiest ways to tell when you are stressed or feeling overwhelmed is by your mood fluctuations. If you're constantly stressed and feeling the weight of your responsibilities, then your mood may change on an hourly basis, making for a miserable work life which can sometimes carry over into your home life as well.

So how do we keep our emotions in check when we are feeling stressed? Many times, it isn't because of what is going on around us, but rather what is happening in our head that causes the stress. When placed into pressured situations, we can find that we get tired or don't eat properly thereby affecting our body chemistry. This can make us more prone to negative self talk. We may begin to tell ourselves that what we are doing is really difficult and even impossible. We sometimes tell ourselves that we are in a horrible situation and it will never get better. This can lead to a bit of a spiral if we don't stay alert to it.

With all of these influences, it's easy to see why we can react emotionally when under pressure. The negative self talk can lead us to things that don't rebuild our energy. We may try to skip meals or eat foods that aren't healthy in order to find relief. We may stay up later in order to 'catch up' and 'get ahead'. These seemingly positive actions can create a domino effect and are actually more detrimental than they seem.

Keys to maintaining good emotional balance:

- ✦ **Maintain good body/brain chemistry.** A diet high in sugars and excessive carbohydrates can lead to mood swings that you could accidentally attribute to your work or relationships. Caffeine, cigarettes, drugs and alcohol also cause huge interference. Eat plenty of fresh fruit, veg and fish to maintain great nutrition and chemistry.
- ✦ **Regular exercise and stretching** helps your body to release excess chemicals and energy, boost endorphins and relax muscles. It also helps oxygenate your blood and brain. 20 minutes a day is needed.
- ✦ **Drink plenty of fresh water.** Dehydration can lead to mood swings. Emotions are really electrical Energy currents in **Motion** which need water to conduct them. Our body content is 75% water. When we are in a stressful situation we need far more water than usual to stay hydrated and emotionally stable. Keep a bottle of water at your desk to remind yourself how much you have had.

- ✦ **Write down** what you think you are stressed about and all of the self talk that is happening about it. Don't deny it, face it. Writing it is important to get it out of your head. Ask yourself whether the situation, and what you are saying to yourself about it, is true. Would anybody else agree with you?
- ✦ **Calm and centre yourself.** Place your hand on your abdomen or the centre of your chest and breathe into that area under your hand. Put all of your attention to where your hand is and feel your breath causing it to move. Count the in - breath for 5 counts, hold a second and then count the out - breath for 5 counts. The key is to FEEL the breath in your chest or abdomen by putting all of your attention there. Whenever your mind distracts you just re-direct your attention to feeling your breath as you count. Do this until you notice a relaxing sensation start to take over. Trust me, it will if you persist.
- ✦ **Determine a positive course of action** to regain a sense of control over your situation. Do you need to delegate more? Do you need to re-negotiate the deadline? Do you need more resources or assistance? Do you fully understand what is required or are you hazy? What information do you need? Are you trying to be perfect or is 80% good enough? What is the purpose of the situation and what is an acceptable outcome for you and the stakeholders?
- ✦ **Find someone to talk it over with.** A different perspective sometimes helps us to find a new way of approaching the situation. It can also give us an opportunity to give our negative self talk a reality check and re-train it into something more productive.
- ✦ **Monitor your stress levels.** If you find that you are repeatedly feeling stressed about all sorts of things there may be a need to look a little deeper at your strategies for dealing with life. We are not formally trained to manage our emotions and energy. A few people seem to be naturally adept at it, but most of us struggle from situation to situation or go numb. There is now a good range of supportive techniques to help you to learn to become more emotionally flexible and resilient. Things like NLP (Neuro Linguistic Programming), EFT (Emotional Freedom Technique), Reiki, Heart Coherence and Meditation are all very useful for improving your ability to maintain positive emotional health.

To Recap

When you feel under pressure and are getting more stressed don't bottle it up, catch it early before it seems insurmountable. When we are feeling tired and alone it is harder to talk ourselves out of negative thoughts which could

cause us to react emotionally to situations around us. Sometimes we lash out at people needlessly or cry for no reason—there are many different ways that we can react when we have all that bottled up tension and emotion within us. All we really want is for someone to notice that we are struggling and somehow help us out. But if we keep these feeling inside, how is anyone going to be able to help us? By learning to acknowledge our feelings, we can avoid having to feel like a pressure cooker about to burst.

Put your self care as a top priority and ensure that your diet and exercise is appropriate for your expected performance levels. A wise teacher once told me: ***"If you expect yourself to perform like a Formula 1 Ferrari, don't service yourself as if you are an old Holden. Put the right fuel in and maintain yourself in top condition."***

Get a support network around you to increase your ability to maintain positive self talk and emotional flexibility. Watch funny films regularly!

Reprint and Distribution Rights

You are very welcome to print or email this article and share it with your colleagues as long as it is used in its entirety and the author is fully acknowledged. Nothing is to be modified or changed. You are also very welcome to use the full article on your website or intranet for staff or clients to access.

About the Author

Erica Bagshaw is an expert in alignment. She helps you to create alignment with your purpose, thoughts, word and actions personally and in business. When you are aligned, your life, health, career and relationships can flow powerfully and effortlessly. Through coaching, teaching and speaking Erica helps clients leverage their energy and thinking to generate the outcomes that they seek. [She can help you to get clear on what is important to you or your business, decide a direction, create the steps, clear the blocks and follow through with it. Getting unstuck and opening up to new possibilities can be a liberating experience.](#)

- ✦ Improve your sales performance
- ✦ Clear your fear of presenting
- ✦ Get better at being organised
- ✦ Be motivated instead of procrastinating
- ✦ Build your confidence
- ✦ Banish your fears and insecurities

Erica is a qualified NLP coach, E.F.T. and Reiki Master/Practitioner with 15 years experience in the personal development field. With a corporate background in I.T., Business Systems Analysis, Recruitment, Sales and Management, Erica has a broad wealth of knowledge about careers and business. It is her experience and belief that anyone can develop the skills and resources within themselves to be confident, productive and excel at whatever they set their mind to.

You can contact Erica at The Alignment Group on 02 9923 1852



Can we help you? Here are some of the things that people say about our services:

"Erica has the amazing ability to cut through the clutter and cut to the chase with her clients. Her work in goal setting, alignment and finding purpose is world-class - as good as and better than anything else I've seen or read." Gihan Perera, First Step Communications

"When my relationship broke up after 14 years, I thought it was the end of the world, but then I had some Reiki with Erica. The pain shifted and softened allowing me to imagine the possibility of a different future. In subsequent sessions using NLP and Reiki, Erica was able to show me how to move through all of the confusion and grief and come to a place of peace within myself that I don't think would have been possible had I gone it alone." Jan - Secretary

"I learnt how to think clearly. Instead of having life control me, I learnt the skills to control my life by no longer rushing from one emotional response to another. I was shown a tool kit to be able to look at things objectively and make responsible decisions. It made me understand that I am in charge of my life and all that is in it, I have set it up. I have the choice of how I view it and only I can change it." Natalie - General Manager

"I believe that change comes about as the result of consistent daily actions. The Alignment of the Mind is the only course I have done in 25 years of personal development that causes me to stay aware of my behaviour on a daily basis." Margaret - Transformation Specialist

"Working with Erica and the Alignment Group has been a truly life changing experience in my development as a person and in my professional endeavours. Erica's style, both professionally and on a personal level, is firmly based around the principles of honesty, integrity and a genuine desire to assist you in finding clarity, no matter what your situation. A wonderful coach and a wonderful person." Andrew Hill-Male, Owner, @HM Website Design

If you'd like to work with us

PH: 02 9923 1852

Email: erica@thealignmentgroup.com

Address: PO Box 6390, North Sydney NSW 2060

Website: www.thealignmentgroup.com