

# Leveraging Your Emotions

Are your emotions working against you?

## What is emotional resilience?

Emotional resilience is the capacity to observe, physically experience, embrace, and leverage the emotions we feel.

It's knowing and accepting that emotions ARE:

- Natural and valid
- Temporary and transitional
- Informative and useful

It's knowing and accepting that emotions ARE NOT:

- Weakness or Bad - neither Good nor Bad
- Facts or truth
- Instructions to act

## Why do we need emotional awareness?

- Emotions make us human - joy, love, pain, sadness, exhilaration, mourning, delight – it's all natural.
- Emotions keep us alive - fight / flight / freeze responses
- Emotions provide information:
  - They let us know that something important is happening
  - Alert us to emotions that's have previously not been processed
- Emotions invite reflection - self awareness, growth, healing, freedom

## Who needs emotional resilience?

- Anyone who is invalidating their emotional experience
- Anyone who is ignorant of their feelings
- Anyone who is suppressing their emotions
- Anyone whose life is driven or controlled by their emotions
- Anyone who wants to be fully alive

## When do we need emotional awareness?

There are two answers to this:

- In the moment when we become aware that we are emotional
- After the moment when we are no longer dominated by what we feel

## How can we leverage the power of emotions?

- Listen to them - they tell an important story:
  - You probably have a backlog of unheard emotions
  - Learn their language and nuances
  - What information are they providing?
  - How is that helpful?
- Speak them - give them a voice:
  - Most people are unskilled in the language of emotions
  - Build your emotionally resilient community
  - Become a master in describing your emotions
  - Encourage others to share their emotions
- Feel them - don't judge them. Give them your attention
  - Where are they?
  - What is their movement?
  - What is their colour and size?
  - What do they do when you pay attention?



I hope you enjoyed the presentation!

Ian Hatton | Morpheus