

MENTAL FREEDOM

How to Reduce Stress, Anxiety
and Negative Thinking



WEEK 4

Positive Meaning

and Your Emotions

Lesson Objective

Understand your difficult emotions and how emotional suffering is created.

You will learn strategies to deal with negative emotions, reduce negativity and build more positivity.

A Tale of Two Wolves



What are emotions?

Bodily reactions or sensations to a threat / reward.

They are universal and similar across all humans.

They last seconds and minutes.

What Do Negative Emotions Do?

Negative Emotions

Activate stress response

Block decision center in the brain

Prolonged exposure: anxiety, depression etc.

Interfere with positive lasting relationships

Low life satisfaction

What Do Positive Emotions Do?

Positive Emotions

Expand peripheral vision and broaden mindsets.

Deal better with challenges and adversity.

Live longer

Balance negative emotions

Better marriage, more friends

Activate happiness chemicals

Positivity Strategies

1. Dealing with Emotional Suffering

Triggers

People
Places
Situations
Memories

5 Senses

Emotional Memory

Behavior

Reactive
Suppressive
Change Approach

Mr. Judge

Frustration > Anger

Mrs. Control

Worry > Anxiety

Mrs. Victim

Fear > Powerless

Mr. Lonely

Sad > Hopeless

Breathe

Identify your inner voice

Name your negative emotions

Stay and befriend them

They are NOT your enemy!

Befriend Your Inner Critic

2. Increase Your Positive Emotions

Positivity Ratio

1:1 Unhappy

2:1 Feeling Average

3:1 Feeling Positive

4:1 Flourishing

Emotions Come Like Waves



**Cultivate the Positive Emotions
You Want to Increase**

From Anger to Love

Be kind and compassionate

Connect with your breath

Repeat loving kindness phrases

From Anxiety to Serenity

Meditate daily for 15-20 minutes

Do Yoga or stretch daily

Connect with nature

Practice 3-4-5 breathing

From Fear to Pride & Trust

Celebrate small victories

Build a 'trust system'

Connect with animals & nature

Visualize feeling safe

From Sadness to Joy & Energy

Exercise AM daily

Better sleep routine

Do things that make you laugh

Do things that bring you joy

Set a time for crying

Recap

Befriend your inner critic

Increase your Positivity Ratio

Connect with positive emotions

Love, Joy, Serenity, Pride & Trust

Use “Dealing with Emotions”
Guided Meditation Daily.

Complete “Connecting with
Positive Emotions” worksheet.

Practice connecting with your
positive emotions this week.



Homework



Q&A

Thank You!