

CALM & POWERFUL

A simple guide to effective Emotional Regulation

BONUS Meditations

Our ability to regulate our emotions is a very crucial skill for our leadership impact.

It is one of the main pillars of Emotional Intelligence and it has a major impact on our ability to influence others and our leadership presence.

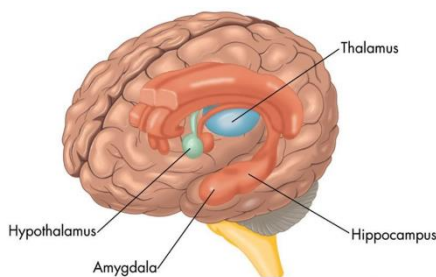
Q: How do we define Emotions?

UNDERSTANDING EMOTIONS

In very simplistic terms, emotions are complex electrical signals coming from our brain, our response to an external stimulus.

EMOTIONAL REACTIVITY

The Limbic System



The part of the brain that is responsible for processing our emotions is the amygdala, the captain of our emotions!

When we react to an external stimulus, we have the so-called “AMYGDALA HIGHJACKS”.

It’s a reaction, not a considered response. There is no logical thinking associated with

that impulsive reaction.

The behaviours and thoughts dictated by our emotions define how we show up in the world, how other people perceive us, the quality of our relationships, the PRESENCE we radiate into the world as leaders.

Q: How can we effectively regulate our emotions?

MINDFULNESS FOR EMOTIONAL REGULATION

Mindfulness is the skill of paying attention to the moment-to-moment experience, as it arises, without any judgment and without being carried away by it.

Mindfulness tools are the secret powers for regulating our emotions, building emotional resilience, and increasing our emotional intelligence.

Paying attention to our emotions in a mindful way helps us become aware of our emotional reactivity and the emotions we are experiencing as they arise.

Q: How do we develop our emotional awareness?

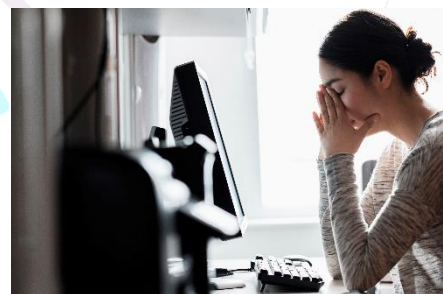
EMOTIONAL AWARENESS

We can develop emotional awareness by

1. kindly leaning into the emotions as they arise with open curiosity.
2. paying attention to the physical sensations associated with the emotion.

We can ask ourselves the following questions –

1. **WHAT** am I feeling right now? EX. Anger, Frustration, Sadness, Overwhelm, Fear. (Name it to tame it).
2. **WHERE** do I feel it in my body? EX. Tightness in my jaw, feeling hot in my cheeks, a knot in our throat, tensing our face or shoulders muscles, etc.



As we shift our attention to the emotion, like a laser pointer, the potent charge of the emotion dissipates, like clouds dissolving in the sky.

We can then read the information carried by the emotional signals, create a distance between us and the experience and finally take considered actions, instead of automatic reactions.

By applying mindfulness tools, we create a space between the stimulus and our reaction, and in that space, we can CHOOSE wisely how we respond, calm our nervous system down and feel grounded and calm again.

Our leadership potential and the impact we could have as leaders are highly affected by our ability to regulate our emotions.



We are able to influence and connect with others only if our emotional state is balanced, grounded, and PRESENT.

So, let's cultivate our awareness by practising mindfulness meditation.

Here's a link to three (3) meditation sessions, using three different techniques--Breathing, Body Scan and Open Awareness.

<https://on.soundcloud.com/Ljs8C>

PRO TIP: Find a quite place, where you can sit undisturbed for 12-15 min. Find a comfortable seated position, with your eyes closed, and find stillness. Maintain a relaxed yet alert posture. Maybe get rid of the "itchy feet" movements before you find a position that you will be able to maintain throughout the practice.

Let go of any expectations. There is no right or wrong way of meditating.

When your mind wanders off, as minds do, gently bring it back to the "anchor", aka the object of your focused attention, or back to my voice.

ENJOY feeling calm, grounded and powerful!

Roberta

PS: Let's make it LinkedIn official! Connect with me [HERE](#).