

FEELINGS AS FUEL

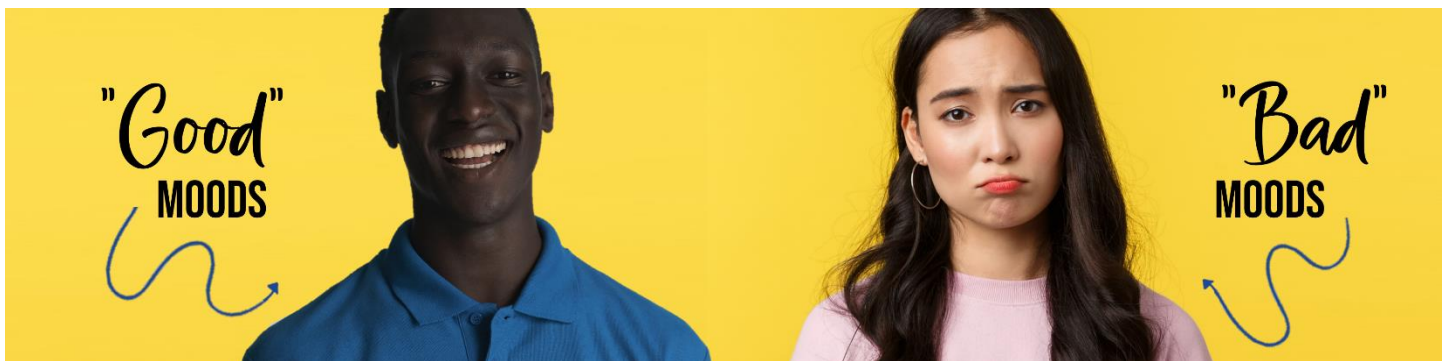
using the power of emotion



Emotions can play a key role in how we think and behave; they compel us to take action and influence the decisions we make. According to research, there is a link between our emotional state and our performance, and different emotions are beneficial for different tasks. While we can't always choose how we feel or the task we have at hand, understanding our emotions and how they motivate us can help us capitalize on this relationship.

HOW TO USE YOUR MOOD

While there are no "good" and "bad" emotions, we do tend to associate positive emotions with good moods and negative emotions with bad moods. Learn how to use emotions as a guide to choose tasks that best match your mood.



Positive emotions fuel our creativity and imagination. When we're happy, we are energized and tend to perform better overall. Ideas come more easily and obstacles don't seem so daunting. A "good" mood can, therefore, be a great time to kick off a new project or focus on tasks that require *big picture thinking*. Positive emotions can also help facilitate personal connections, so collaboration and teamwork are most productive when approached with a positive emotional state.

Negative emotions can be helpful with detail-oriented tasks that require critical thinking. When we are sad, angry, or frustrated, we focus on what's wrong. Our attention is narrowed to what needs to be changed or fixed, which is great for problem-solving. Studies show that negative emotions help us focus longer while brainstorming and dig deeper into a problem to find solutions. Being in a negative emotional state can be a good time to return to a particularly difficult problem or a project that has stalled.

DIFFICULT EMOTIONS AS *Creative Fuel*

So-called "negative" emotions, can be valuable sources of information and creative power. They are often allies pointing the way to greater fulfillment and authenticity. Here are three examples of negative emotions and how to use them.

Anger

What makes you mad? Anger is often a sign that one or more of our values are being ignored or threatened. Anger can be an illuminating emotion if you pay attention to it and it can spark great ideas and action as you try to make things *right* again.

Jealousy

Turn jealousy into creative power with a *jealousy map*. Draw 3 columns. In the first, list people you are jealous of. In the second column, beside each person, list the reason you're jealous of him/her. In the third column, name one action you can take to minimize the jealousy of each item. Now do it!

Fear

Often, when we really want something, our fear screams the loudest. Fear can be a big obstacle to overcome, but it can serve as a great motivator if we grab onto it and play with its opposite – desire. For example, shift your focus from fear of rejection to the desire to connect.

Sources: www.psychologytoday.com/ca/blog/creativity-the-art-and-science/202001/harnessing-emotions-fuel-creativity
www.ellevatenetwork.com/articles/8276-how-to-use-difficult-emotions-as-creative-fuel | Images by Freepik & Unsplash