**POWERED BY EMOTIONS – WORKSHOP PRESENTER NOTES**

SLIDE ONE – PERSONAL MESSAGE AND HOUSE KEEPING DETERMINED BY PRESENTER

Hello Everyone,

My name is \_\_\_\_\_\_\_ and I am the \_\_\_\_\_\_\_ at EWSNetwork. I want to say a quick thank you for joining me today for the Powered by Emotions workshop.

We have a lot to discuss during our time together. Please feel free to write comments or questions in the chat box as I will check those at the end. My hope is that you all have at least one take away item from our workshop that you will utilize, remember, and embrace as you move forward today and in the days that follow. Just a quick note as well that you will be revisiting this topic in the ecampaign in February, so there will be some common areas but definitely much more expansion through vlogs, articles and videos.

Next slide

**SLIDE TWO – read overview written on slide**

**SLIDE THREE**

Feeling what we feel. It’s important to allow ourselves to do this! When we talk about emotions, we tend to focus on their abstract concepts, but emotions have a very physical side. There is a meaningful connection between our emotional state and our body, and understanding how to appropriately identify and navigate what we are feeling is important to our health and well-being.

**SLIDE FOUR**

Feelings are one of the primary ways that we interact with the world around us, however, we don’t often pause and unravel how these feelings are impacting us. Yes, when we are happy, we smile, or laugh and when we are sad, we may cry but research suggests that feelings can go beyond that and manifest in different physical locations in our bodies because The body stores emotion. The body, mind and our experience of the world are all inextricably intertwined

**SLIDE FIVE**

You may have heard of the Emotion Wheel that you can see here on the screen. It was created by Dr. Robert Plutchik and is a great tool in identifying our feelings and emotions and helping us to become able to better clearly express what we are feeling. Another tool is called Emotional Body Mapping. This identifies for us physically what emotions we are feeling.

**SLIDE SIX**

This diagram shows you through the colours how emotions activate different parts of the body. For example…. Cooler colours less activity – warmer colours more activity.. Think about the last time you were angry, and bring your attention to what your physical experience of that emotion was. You likely gritted your teeth, tightened your jaw, furrowed your brow, and clenched your fists, on a conscious or subconscious level. Now, think back to a time when you experienced grief. Perhaps your upper body perhaps collapsed forwards and inwards and the space around the front upper part of your chest felt really small. If you cried, did you have a sense of breathlessness in your throat and chest?

**SLIDE SEVEN**

We know that processing our feelings is necessary and, on the surface, seems really easy to do – identify what you feel, give yourself the time and space to work through those feelings and then decide on a course of action meaning how will you handle them? Unfortunately, we often complicate this and then find ways to avoid or repress our feelings. For the most part we tend to repress strong emotions – ones typically considered negative which are anger, frustration, sadness, fear, disappointment.

These powerful emotions, and so many others – including traumatic experiences – are felt and expressed in the body in an undeniably physical way. They can also become trapped in the body when we don’t honour them because we have been socialised to suppress our feelings, bite our tongue, hold back anger and grief, and not prioritise our need for pleasure and positive feelings. Instead of allowing our emotions to flow through our bodies, we end up accumulating them in particular parts of the body, which can then manifest in physical discomforts and ills.

**SLIDE EIGHT**

We need to allow ourselves to fully process an emotion so that is doesn’t become stuck in our body and manifest in physical ways. Repressed emotions can create mental health issues by increasing stress and anxiety which often then can cause physical symptoms that may include muscle tension and pain, nausea and digestive problems, changes in appetite and sleep issues.

In terms of muscle tension and pain there are 5 places our body holds emotion Jaw, neck, shoulders, chest and hips.

Jaw - Emotions of anger and resentment are often held in our jaw and around the mouth. If you often have a sore throat, mouth ulcers or grind your teeth at night, it could be a sign that there is an excess of overactive or stagnant energy in this part of your body

Neck - a lot of people hold tension here, having held their tongue and swallowed what they wanted to express as a long-term pattern of behaviour, and perhaps feel compromised in their ability to speak up for themselves. Imbalances can also manifest in thyroid problems, swollen glands, and chronic neck pain.

Shoulders - tight, painful shoulders could reflect that you are currently overburdened, or that you have experienced hurt and heartbreak, and are subconsciously trying to form some armouring around the front of your body in protection.

Chest - This area often relates to powerful feelings of love, grief and depression; when tight, blocked or dis-eased, imbalances in the chest heart space can lead to poor mental health outcomes or even cardiac conditions.

Hips - Stiffness in the hips, or a disconnect with one’s pelvic floor, can be signs that you are feeling uninspired in an area of your life – in love, career, or that you might be overdue a check-in with your creative outlets.

**SLIDE NINE**

Left unchecked emotional repression can have an impact on feelings and behaviours – both in how we treat ourselves and how we treat others. This means that it is in our best interest to better manage our emotions and allow ourselves time to process them properly. Depending on how we have managed our emotions in the past we may not realize we are dealing with repressed emotions. If you are unsure here are some ways to identify.

1. Do you often feel nervous, low or stressed and don’t know why?
2. Do you feel uneasy and uncomfortable when others show emotion?
3. Do you get irritated when people ask about your feelings?
4. Are you always cheerful and calm because you don’t linger on things that are upsetting?
5. Do you go along with situations or people even though it’s not what you want?
6. Avoid your feelings through unhealthy distractions (ie alcohol, drugs)?
7. Avoid being alone?
8. Become passive aggressive in upsetting situations?

**SLIDE TEN**

All forms of emotional processing require one thing – mindfulness. Recognize and experience your feelings without judging yourself for having them!

1. Recognize them – look for patterns in your behaviour when you’re faced with a strong emotion.
2. Acknowledge your feelings – If you have trouble identifying your feelings you can use the emotion wheel or emotional body mapping exercise.
3. Move intentionally – unprocessed emotions can cause tension in the body and intentional movement can help release that tension and the stored-up energy.
4. Practice Stillness – Being still allows us to disengage and helps us connect with our thoughts and feelings
5. Compartmentalize – It’s okay to put aside an emotion for a short time. Perhaps you have a meeting or family function to attend and cannot give yourself the time to acknowledge your feelings BUT you must come back to it and work through it, don’t ignore it and hope it will go away.
6. Recognize Rumination – If you revisit that same issues or internal stories again and again it’s a sign that you are not processing the emotion and stuck in rumination mode. Try radical acceptance – when you are faced with something that you cannot control accept it. Acknowledge how you feel about it but don’t obsess over what you cannot change.

**SLIDE** **ELEVEN**

Positive and Negative Emotions – We need them both! Our emotions are an important source of information about what's going on inside us. They give us information about what we're experiencing and help us know how to react. Our emotions help us know what we want, they help us spot problems before they happen, and they give us clues about our physical and emotional well-being. Emotions provide us with a wealth of information!

**SLIDE TWELVE**

Both positive and negative emotions are a meaningful part of our human experience even if we label them good and bad. Each emotion comes with physical reactions and feelings as we discussed earlier that are completely normal and mostly completely healthy.

**SLIDE THIRTEEN**

Countless studies have shown a link between happiness, optimism, and gratitude with good health and personal success. But our negative emotions can provide valuable information as they are designed to alert us that something needs to change. However, In some cases, certain kinds of happiness (pride, for example) can hinder our ability to empathize and connect with those around us. Unchecked optimism can lead to unrealistic expectations and even dangerous risks that can lead to loss and all of the negative feelings that can come with it. Negative emotions can spur action and motivate us to make a change to improve our situation and well-being. Anger or anxiety can signal that our wellbeing is threatened in some way. Fear or sadness can identify health issues or relationship needs and frustration or resentment can encourage us to make a change to improve our situation and wellbeing.

**SLIDE FOURTEEN**

While we need to be aware of the effects that negative emotions can have on us, it’s not the negative emotions themselves that impact our health and well-being. How we react and process them when they arise is what counts. When managed well, negative emotions can offer some meaningful benefits.

1. Develop greater self-awareness - People who manage emotions effectively can use what they learn from their experiences to increase self-awareness. This allows them to more accurately identify what they are feeling in future situations and strategically evaluate whether those emotions will best serve them at that moment.
2. Get Motivated - Negative emotions can serve an important adaptive purpose and when managed effectively can be a source of motivation. They can encourage action and help us react to situations appropriately or create beneficial changes.
3. Make Better Decisions - Negative emotions have been linked to more deliberate decision-making. They alert us to new or challenging situations when focused attention is needed to produce an effective response.
4. Add Meaning to Your Life - Negative emotions provide an important contribution to the richness of our lives and their ability to foster gratitude and a sense of meaning. We learn important lessons from our negative emotions, and they can make us more appreciative of the good things in life.

**SLIDE FIFTEEN**

The ability to identify and communicate emotions is essential to our psychological well-being. Learning to control your emotions is also important, but it's not about being positive all the time and avoiding the negative. The healthy approach is about allowing all emotions to happen, accepting them, and effectively managing them. So, let’s learn about navigating the negative.

**SLIDE SIXTEEN**

Have you ever found yourself dwelling on the negative? A bad hour made a bad day, made a bad week, etc? You’re not alone! Research has demonstrated that we have a cognitive bias towards the negative. On average we have 6000 thoughts per day with the majority of those being negative – even though 91% of the things we worry about don’t come true.

**SLIDE SEVENTEEN**

Our natural bias toward the negative can also lead us to pay more attention to the bad things that happen making them seem more important than they may actually be and than impact the way that we think, feel and act and cause us to worry. Worrying and thinking are not the same. Thinking is a good thing that involves reflection and can help us analyze situations in our lives and lead to greater clarity and action when it’s necessary. On the other hand, worrying often causes anxiety and tends to lean towards negativity and catastrophizing. It is a means of dealing with uncertainty and can be an attempt at problem-solving. In comparison to thinking, however, worrying feels more repetitive and unproductive. Here is a tip to manage your worries – schedule in time specifically for worrying! 15-30 minutes everyday for one week to see if it helps. Spend this time alone and write down your worries, it’s okay if you don’t come up with a solution right then just acknowledge the worry. At the end of the week you can take a few minutes to review your worries. This information can provide insight that can help you manage your mental well-being and perhaps identify changes you can make to alleviate your common worries.

**SLIDE EIGHTEEN**

In addition to affecting how we feel, the negative bias can significantly impact how we make decisions, motivate ourselves and interact with others so we need to find ways to manage our brains natural pull towards the negative by…

Challenging negative self talk – pay attention to your inner dialogue. Be kind to you!

Practice Mindfullness – breathing, reflection and guided meditation can help you to observe your thoughts and feelings more objectively

Establish new patterns – use positive activity to help pull yourself out of a negative mindset. Go for a walk, read a book, try something new!

**SLIDE NINETEEN**

Negative emotions offer an opportunity to assess the benefits of the emotions and experiences and how we can then use then for personal improvement. The best approach is to accept them and then engage in activities that counterbalance them in an authentic way.

**SLIDE TWENTY**

Renowned psychologist Ceri Sims created a strategy to help us cope with negative emotions that combines a series of techniques identified through an acronym TEARS OF HOPE

Read from handout in e-campaign

**SLIDE TWENTY-ONE**

Another technique is called the ABCDE Disputation created by Dr. Martin Seligman. Which is..Pay attention to Adverse experiences that spark pessimism and record the negative beliefs that crop up and the consequences of those beliefs. Dispute the accuracy of those beliefs and feel energized.

**SLIDE TWENTY-TWO**

The Power of Emotion- Emotions are energy. While they result in a variety of feelings, they can also drive behaviour. It's easy to see how we can use positive emotions like love and excitement to bring about positive outcomes and although "negative" emotions get a bad rap, they can also give us energy for positive results. We can learn to be productive with all emotions - it simply requires awareness and practice.

**SLIDE TWENTY-THREE**

Emotions can play a key role in how we think and behave. According to research there is a link between our emotional state and our performance and different emotions are beneficial for different tasks. Understanding our emotions and how they motivate us can help us capitalize on our mood. 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.

**SLIDE TWENTY-FOUR**

Positive emotions fuel our creativity and imagination. When we are happy we are energized and tend to preform better overall. Ideas come more easily and obstacles don’t seem so daunting. Good moods are great for starting new projects, big-picture thinking (set some goals) and team work. Have you heard the term “the power of positive thinking?” Positive thinking is the ability to stay motivated, hopeful, and optimistic even when our life experiences are not quite what we’d like. Research shows that what we think and believe can affect the biochemical makeup of our bodies and the function of our immune system. So although we don’t want to suppress or ignore our negative emotions research continues to point to the benefits of optimism on our health and well-being, which may include: ☺ Increased life span ☺ Lower rates of depression ☺ Stronger immune system ☺ Better cardiovascular health ☺ Better psychological and physical well-being ☺ Better coping abilities during times of stress

**SLIDE TWENTY-FIVE**

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. So use these moods/emotions to restart a project or complete detail-oriented tasks that require critical thinking. Negative emotions are designed to alert us that something needs to change.

1. Anger or anxiety can signal that our well-being is threatened in some way.
2. Fear or sadness can be clues to a health issue or relationship need.
3. Frustration or resentment may encourage us to change course or take steps to improve circumstances.
4. Negative emotions can spur action and motivate us to make a change to improve our situation and well-being.

**SLIDE TWENTY-SIX**

Use your difficult emotions as creative fuel!

Often times anger is a sign that our values are being ignored or threatened. It can be an illuminating emotion if you pay attention to it and it can help to spark great ideas and action.

Jealousy provides clues about things we want. Who/what are we jealous of and why? Use this knowledge to motivate you to create what you are missing.

Fear is generally felt when we really want something. Fear can be a big obstacle to overcome but it is a huge motivator if we grab on to it and play with it’s opposite – desire. Shift your focus from fear of rejection to desire to connect.

**SLIDE TWENTY-SEVEN**

“Our feelings are our more genuine paths to knowledge” Allow yourself to feel the feels, give name to your emotions, let them fuel you on your path. This will provide you with a healthier personal relationship with yourself! Also recognize that not all suggestions will work for everyone, if you need help to process your feelings reach out to a professional.