



## 3 TOOLS TO OPTIMIZE YOUR EMOTIONAL ENERGY

After writing about the key ideas to optimize your Emotional Energy, these 3 tools that will help you put them into practice.

Emotional Energy is connected with how you identify, express and deal with your feelings.

Think of it like an internal 'thermostat' that increases or decreases both the intensity and the quality of your emotions- regulating it is crucial for your wellbeing.

### 1. BREATHE

Do a few rounds of 4-7-8 breathing. Inhale for 4 seconds, hold it for 7 and exhale for 8.

Emotional states are associated with different respiratory patterns and breathing out twice as long as you breathe in is connected to a relaxed state.

Changing your physiology also changes your psychology.

### 2. LABEL

Labelling how you feel helps you acknowledge your emotions and this translates into processing them much faster.

You can label with words (I feel ...), images (a donkey carrying a heavy load), sounds (loud thunder), or body sensations (heavy). Find out what is best for you.

Here 'labelling' refers to quickly naming your emotions.

If you wish to use this method for deeper insights, click here: <https://goo.gl/5L19dS>

### 3. VISUALISE

Once you label your emotions, tense your body for a couple of seconds, and then imagine releasing them by relaxing and breathing out.

Do it until you feel more settled.

If you can't go to a private space to do this from head to toe, do it only with your shoulders or even your legs or stomach muscles (great to relax the diaphragm).

Consider using a desktop image to further support your Emotional Energy.

I selected free, downloadable images from Pixabay: <https://goo.gl/J9Mupl>

Our Emotional Energy affects the people around us and one of you sent me an article on 'Relational Energy' and its impact on job performance.

This is thrilling since the ultimate purpose of personal energy is to create a wider, more



positive dynamic in teams and organizations.

The HBR article by prof. W. Baker: <https://goo.gl/VsKgog>

Wishes of a happy thermostat!

Giulia

If you wish to receive these posts -the frequency is 5-7 weeks - you are welcomed to join the closed LinkedIn group on Energy Management.  
<https://www.linkedin.com/groups?gid=7472737>