

# THREE KEYS TO EMOTIONAL WELL-BEING

theStressExperts.com

Adapted from "Transforming Stress" 2005.



1

## Build Emotional Reserves

Spend more time feeling genuine heart emotions such as love, care, appreciation, compassion, and contentment.

- Start your day with 60 seconds of appreciation, just for being alive.
- While in the shower, think of 3 things in your life that you're grateful for.
- Spend an hour doing something that you love.

### TIPS

- Avoid finding emotional relief in external things like food, caffeine, praise, or stimulation. External things are only temporary.
- Positive thinking is not enough. You must feel positive emotions to build your emotional reserves.
- Create reminders to feel heart emotions through your day.

2

## Stop Emotional Drains

Prolonged negative emotions drain away your internal energy. Spend less time feeling these negative emotions.

- Become aware of what emotions you are feeling throughout the day.
- Prior to a stressful situation, prepare yourself by feeling positive emotions and envisioning a positive outcome.
- After a stressful situation, reframe your emotions to positive ones.

### TIPS

- Avoid resignation, or the sense of "whatever".
- Remember, it is not the situation that drains your energy, but rather your emotional response to that situation.
- Shift your emotions to positive ones as soon as you can. Don't spend any extra time feeling a negative emotion.



3

## Clear Old Emotional Accounts

Break free from emotional patterns, stress habits, stored beliefs, and histories.

- Identify where you are running on emotional habits. These may be from past experiences, upbringing, or culture.
- Bring these identified habits to your heart to be replaced with more effective habits, such as patience, care, forgiveness.

### TIPS

- An example: feeling irritated every time you are interrupted.
- Emotional habits often occur in themes. See if you can identify a theme to your emotional triggers.
- Any habit can be broken. Sincerely bringing your habit to your heart will help it dissolve.

