

HOW TO MANAGE YOUR EMOTIONS

You experience emotional pain when your wishes and desires are not achieved or there is a suffering of loss. Disappointment, sadness, regret, anger, fear, hatred and anxiety can all be experienced as emotional pain.

- Be aware of the emotions you are experiencing. Oftentimes, you would mask it, deny it or 'replace' it with doing, keeping busy. You can do this through self reflection or with someone you feel safe with and has the skills to help you with the reflective process.
- Face your emotions squarely. When emotions are unpleasant, you often have a tendency to push it aside, to ignore it. In acknowledging your emotions, you sometimes blame yourself or blame others for the state you are in. Be aware of this pitfall and avoid it from unfolding.
- Understand what led to the experiencing of those painful emotions. Was it a view you held onto rigidly or was it an expectation that you have of yourself or of others that gave rise to these painful feelings? Was your yearning not met?
- Accept that there are things you cannot change. Accept the changes you can make and let go of expectations or views you might have. Most of all, see the possibility of alternatives and that you have the ability to make the leap towards that new possibility.
- Act upon creating a different scenario for yourself.

FRIENDLY COMPETITION



Staying socially active keeps you energised and alert.