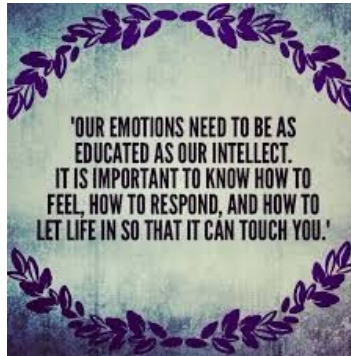


Mindfulness and Emotions



-Jim Rohn

How exciting is it that we can in fact increase our emotional intelligence?! As we learn more about and practice self awareness and self regulation, we are working on our overall emotional intelligence. Increasing our emotional intelligence by being mindful of our emotions can lead to positive impacts for our own mental health and well-being. It can have amazing impacts on our relationships and interactions with others personally and professionally.

One of the biggest aha moments I have had around emotions is the journey of experiencing the emotions rather than being the emotions. What does that even mean? Take a moment to consider experience vs permanence. An experience comes and goes like the clouds in the sky; there is an impermanence. There is a certain beauty and wonder about that impermanence. You can experience the clouds with gentle curiosity and learn from those observations. I believe the same can be said for experiencing emotions. Emotions like clouds are transient. They come, and they go. As we allow emotions to occur without grasping or averting, we can observe with curiosity and kindness AND without judgement. What can this experience teach me right now?

Befriending the emotions. I am trying to remember to verbalize outloud or to myself: “Right now I am experiencing (insert emotion)” rather than saying “I am (insert emotion).” Switching this language has been a really powerful shift for me in working with my own emotions and when encountering others who are experiencing emotions.

Once we can start befriending our emotions and understanding that emotions are a normal part of the human experience, then we can start exploring what those emotions can teach us. It really is super amazing when we take a few moments to think about what might have happened that caused a certain emotion to rise. How did my body feel when I was experiencing that emotion has been a really interesting part I have been lately learning. I have been able to notice sensations in my body that give me a heads up that I am starting to experience an emotion, and that gives me a little more space to think about how I want to handle the current situation. When I am able to stop and notice the emotion I am experiencing, it creates space and within that space, I have more time to respond vs react. A response is a skillful choice we consciously make.

I invite you to take some time and befriend your emotions. Explore the emotions that make you feel amazing and the ones that are harder to look at because they all are teachers.