

Recognising your Emotions

Class Summary

- **Acting upon our feelings during times of stress actually extends the stress**
- **During times of stress, our thinking brain gets hijacked by our emotions**
- **This class extends the process of recognising sensations that we practiced in the previous class, to recognising and naming our emotions**
- **By firstly recognising your feelings, then naming them, you'll learn to pause before acting upon them**
- **It teaches us how to live with a range of emotions**
- **If you identify with and believe your feelings, you become emotionally rocked**
- **If you can steady your mind, you can use your feelings intelligently to guide you, rather than be overwhelmed by them during times of stress**
- **In these stressful times, it's how we respond to our emotions that makes all the difference**
- **By controlling our emotional reaction to difficult times, we determine how the stress manifests in us, as good stress or bad stress**
- **If you can learn to touch these moments of emotion with kindness, rather than with fear, you can respond appropriately, reduce their impact and reduce psychological stress**