

Week 4: Emotions –

Letting go of negativity, guilt

Finding your happy again!



This week we explore

- Emotions and health
- Happiness and tools
- Challenge Anxiety
- Letting go
- Forgiveness

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How health and emotions are linked

- Anger clogs up the liver and joints / immunity
- Fear weakens the kidneys / immunity
- Worrying affects the quality of nutrient absorption / immunity
- Grief/ Not Letting go affects your lung function / immunity
- Emotional paralysis – can't function due to emotional state

Living in the present is so important



Menopause emotions explored

- **Hormonal Upheaval** – stress on adrenals puts up into fight/flight/freeze mode, there is no space for feelings in this state, you're in survival mode – flat lined emotions/ no joy
- **Mood Swings** – Liver associated / oestrogen spikes, bursts of anger/tears/frustration
- **Low Moods** – Based on hormonal upheaval, imbalance of body chemistry, and a tendency towards a negative mindset (which you can change)
- **Hyper moods/mania** – Based on hormonal upheaval and body chemistry, this will be connected to a life pattern of this behaviour that becomes exaggerated

Emotions - What you can do

- **Mood swings** - all things liver, including all the supplements discussed to rebalance body chemistry, cleanse your liver, eat to balance blood sugar
- **Flatness** – all the supplements to rebalance body chemistry/lessen stress on the adrenals (the same for libido), plus 'Find Your Happy' suggestions (coming up!)
- **Low Moods** – as above, as well as retraining your brain to 'Find Your Happy' maybe further support including CBT, Shiatsu, EFT, Yoga or therapies that make you feel good, these do work on your energy to regain calm in mind and body
- **Hyper moods/ mania** – grounding required e.g. regular yoga/meditation practise, beneficial to have with external support plus the above therapies

"The primary cause of unhappiness
is never the situation but your
thoughts about it."

Eckhart Tolle



Happiness comes from within

- How many times have you heard that? And do you 'roll your eyes' ?
- Today we're looking at happiness tools that I have in my kit
- How do I know they work? I've got happier with each tool I've learnt 😊
- As you sit here today, are your thoughts on right now or are you pondering on something in the past, or worrying about the future?



Question your mind!

- How we **feel** can become a habit, and that isn't always great for us if we're stuck in a rut. It takes 21 days to form a new habit. Let's have a go:
- You can always ask these 4 questions to anything you're feeling:
 - Is it true?
 - Am I absolutely sure it's true?
 - How do I react when I think that thought?
 - Who would I be without this thought?

Taken from Byron Katie 'Loving What Is – 4 questions that will change your life'



Anxiety – Challenge it!

- What is your trigger symptom that allows you to believe you're anxious?
- Now question your emotional state at this time:
 - Are you excited about something?
 - Are you emotional non-committed at this moment?
 - Are you genuinely nervous/trepidacious about something?
 - If yes, is this in your control to do anything about it?
 - If you say yes, question again, are you sure it's in your control?



“

“You are in control of your thoughts”

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Richard Carlson

Author ‘Stop Thinking, Start Living’



Letting go of the woman I was

- I'm not my 30 something self
- I'm not as slim as I want to be
- I can't run/ exercise like I did
- I'm jealous of my daughter (paraphrased)

You're about to come something so much more amazing!



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Letting go of guilt

- This is a self imposed state, if some one makes you feel guilty either it's your interpretation of the situation or they are coercive, don't put up with either!
- Guilt is a fake emotion, based on sympathy – feeling the emotion yourself
- Switch to empathy instead – to understand the other person without feeling it; healthy emotional intelligence
- The phrase *"I should do this..."* Why? Don't waste your energy/time on this state

Letting go of negative thoughts

- A thought only has power/emotion over you whilst you **THINK**
- Your mindset was created in your childhood to keep you safe, but that can be detrimental to how we live our lives
- How I changed my negative thinking - Pop a smint!
- Read '**Stop Thinking, Start Living**' by Richard Carlson if you'd like help with this



Forgive Yourself

- “Forgive us our daily trespasses as we forgive those who trespass against us”

Powerful! You’ve been reciting this since you were 5, but were you listening?

- “Sometimes letting things go is an act of far greater power than defending or hanging on.”

Eckhart Tolle, *“A New Earth: Awakening to Your Life's Purpose”*

- “Happiness is not about wanting, it is about being...”

a lot of Buddha quotes distilled into one!



"Perspective is the art
of happiness"

Dalai Lama



'Find your happy' toolkit

- **You are** in control of your mindset, and you can change it with the thought 'I'm changing it now' – take one step at a time
- Stop negative thoughts in their tracks – with a Smint!
- It takes 21 days to form a new habit, don't worry if you slip
- Finding gratitude
- A healthier body directly links to healthier, positive thoughts
- Keep Mind and Body in sync, you can't do one without the other!



Journaling 'Find your happy'

What to question your feelings on:

- What thoughts am I having/ What emotions have I attached to it?
- Do I need to feel like this? Really?? CH
- What am I grateful for in my life? (even if things aren't going to plan at present)
- How do I feel when I feel grateful?



Do as many times a day as necessary, for 21 days and notice the changes

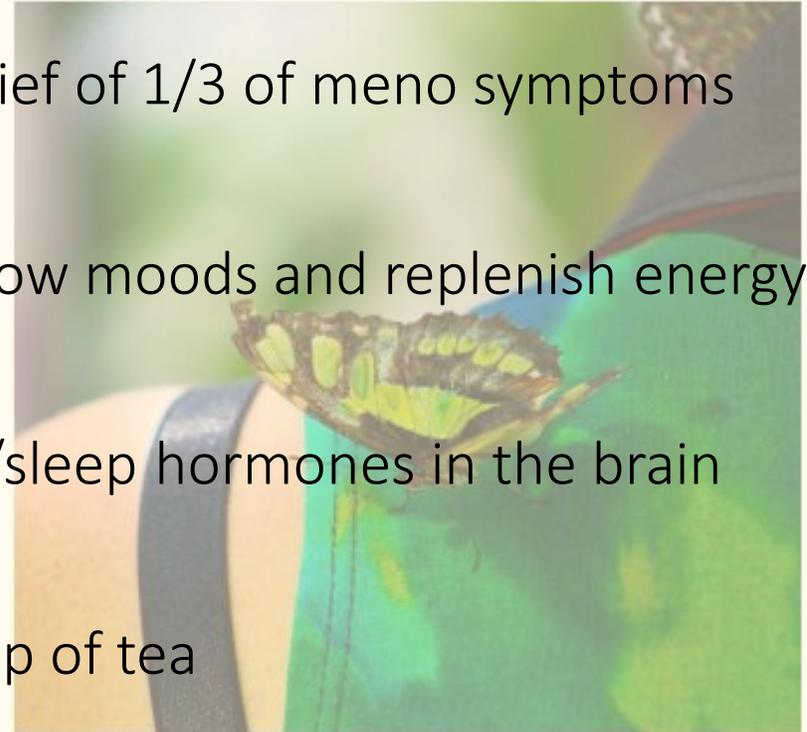


happy people aren't
the thankful,
it's the thankful people
who are happy.

This weeks supplements

- **** Vitamin D3** – the sunshine vitamin for strengthening your mental health, but also vital for bone health and immunity
- **** Omega 3** – to boost brain condition and aids relief of 1/3 of meno symptoms
- **Ashwagandha** – for adrenal health longterm to lift low moods and replenish energy
- **5HTP** – a precursor to serotonin/melatonin, happy/sleep hormones in the brain
- **L-Theanine** – this is the 'Feel good factor' from a cup of tea

**must have





"Happiness is like a butterfly, the more you chase it, the more it will evade you, but if you notice the other things around you, it will gently come and sit on your shoulder"

Henry David Thoreau, poet