



Making your emotions work for you

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Introduction



Knowing how to take care of your mind and your emotional well-being is an essential part of safeguarding your overall wellness. However, most people when thinking about health mainly considers lifestyle choices such as, diet, nutrition and exercise. But your psychological fitness is just as necessary as your physical health, and when you take care of one of these, you help to take care of the other. Meditation, controlling your stress level, and your emotional-wellbeing are also important topics to discuss with your doctor on your next visit.

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As mentioned above many in our society today consider emotional health as unimportant in their lives. Some even believe that getting in touch with their emotions is a sign of weakness that they should not show to others.

Alternatively, many feel a constant pressure always to seem happy, to put only their most positive emotions out there for others to see. Just

look at social media, where it has become the norm to share your joy and happy news but hardly, if ever, to acknowledge the struggles in your life.

When we only show others our best selves or celebrate the “wins” rather than looking for support for the losses, we are doing ourselves and others a real disservice. However, simply showing emotions to other people is not really managing, expressing, or controlling your emotions. In fact, emotional health is a multi-dimensional process that requires many skills and affects our health in significant ways.

This guide was created to help you first understand what emotional health really is and then to learn how important this aspect of wellness is to your overall well-being. We explore the ways that emotional health can influence your life, how to know if you are an emotionally healthy person and the habits of those who are emotionally well.

We offer suggestions and tips for how to improve your emotional health, including how to identify the areas in which you may need to improve to achieve this important status. You will discover simple yet effective strategies for improving your mental health in ways that also impact your physical health. Let's begin.

What is Emotional Health?



You may not be aware, but your emotions dictate how you feel and act throughout the day. As much as we believe we are rational thinking beings, it is our emotions, the way we feel that is mainly responsible for the way we act and interact with others. This is why taking care of our emotional health is so important. People who maintain their

emotional health have control over their feelings, thoughts, and behaviors. Consequently, they can cope with the challenges of life. They find it easier to keep problems in perspective and don't struggle to bounce back after running into an obstacle. They have great relationships with others and high self-confidence.

However, that does not mean that emotionally healthy people are constantly happy. They are simply aware of their emotions. They can manage them, whether it's a negative emotion or a positive one. When you are emotionally healthy, you will still experience the gamut of emotions, and you will still get stressed out. It isn't a magical cure-all, it's simply that you can deal with your emotions. They also recognize when a problem is too great to tackle on their own.

Your emotional health an important aspect of your life, and will allow you to recognize your potential. Maintaining your emotional health will assist you to cope with stress and work more productively, which will help you contribute to society and to work with others.

Your emotional health can also influence your physical health, and vise -versa. Your mental health, emotional health, and physical health are all part of your overall wellness.

Factors Affecting Your Emotional Health

Many factors affect your emotional well-being. Physical ailments, your beliefs and values, what you eat, heavy drinking, or abuse of drugs, influences your mind. How you handle stress, as well as changes in your life, also affect your emotional well-being. Here are some common influences on your emotional health.

Getting laid off or losing your job

Receiving a promotion or changing job

• Getting married or divorced



- Becoming injured or having a serious illness
- Caring for a loved on that is injured or ill
- When a child leaves or returns home
- Having or adopting a child
- Dealing with the death of someone you love
- Moving to a new city or home
- Financial difficulties

Looking After Your Emotional Health

If your mental state is causing physical symptoms, if you feel like you are unable or unwilling to take care of your healthcare needs, or if your emotional symptoms are interfering with your life, you should talk with your doctor or a mental health professional.

Your primary care physician ought to routinely get some information about your feelings and emotions in the same way they monitor other physical symptoms. Let your doctor know if you are having feelings of uneasiness, stress, depression, or unable to manage your emotions. Being honest with yourself as well as your doctor will empower you to adapt to whatever you are facing in your life.

In addition to medications and psychological treatment, there are many habits, techniques, and strategies you can use to boost your emotional well-being. We share several of the most effective of these a little later in this article.



What is Physical Health?

Physical health includes your diet and exercise habits, your sleeping routine, your ability to identify and manage illnesses and injuries, your use of substances that can harm your health, and how well you look after your psychological well-being, too. How you take care of your body is crucial to your long-term welfare and happiness. Without it, you cannot hope to live a long and healthy life.



You become physically healthy because you are aware what habits lead to wellness, and you regularly engage in these. You accept responsibility for yourself and your role in your well-being, and you can identify the elements you have success with as well as where you need to improve.

What Affects Physical Health

Here are several factors that influence your physical health.

- Exercise plays a crucial role in your physical wellness. The more you move your body, the stronger your bones and muscles will be. Exercise reduces your risk of injury as well as many chronic illnesses. Being active gives you more energy.
- The foods you eat. Your body needs a wide range of macronutrients, vitamins, minerals, and phytochemicals to perform its regular functions, so eating a wide variety of natural foods that come primarily from plants can help give your cells everything they need.
- A good night sleep is crucial for your mental as well as physical health. During sleep your body repairs and rejuvenates tissues as well as processes new learning and stores things into long-term memory.



- Regular visits to your doctor, paying attention to warning signs and symptoms, and following your doctor's recommendations when it comes to your health are all crucial factors that will influence your health. In addition to being proactive with diet, exercise, and sleep, your wellness also involves taking care of health problems when you first notice them.

- Your family history and genetics play a role in your physical health as well. When you have an increased risk for a specific disease or condition because others in your family have it, it is imperative that you control other risk factors to stay healthy.
- You are much more likely to experience physical health problems if you live in an area with high levels of pollutants in the air or water, if you are exposed to dangerous materials as a part of your job, or if you experience chronic levels of stress because of your career or relationships.
- The mind and body are intimately connected. A study published July 31, 2012, in the British Medical Journal showed that people who experienced symptoms of anxiety or depression had a lower life expectancy than those without any such symptoms. Even people with minor symptoms of mental health problems seemed to have a higher risk of death from several major causes, including cardiovascular disease. When you are emotionally unwell, when you have mental health issues, or when your self-esteem is low, you are much more likely to die early or suffer from a chronic illness.

The Mind Body Connection

Your Brain's Role in Physical Health

Your body responds to and is impacted by how you feel and think. Similarly, your feelings and mental state are influenced by how you genuinely feel. In recent years a lot of research has been published on the mind body connection and has clearly shown that your mental and emotional states affect your physical health. Let's look at this connection in more detail.



Most of your body functions except for those that are automatic or reflexes (and even then, it still plays a role), are controlled by your brain's activity. Because of this, anything that is happening in your mind can also affect your body.

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For instance, your brain is connected to your endocrine system that secretes various hormones, which control many of your body's systems and processes. Your hormone levels regulate everything from digestion to reproduction, from heart rate to blood pressure.

When your hormones are being controlled by an emotionally charged or mentally unstable brain, it can create havoc and chronic problems that adversely influence your health.

Under stress, your body produces hormones like cortisol, which raise your blood pressure, affect your digestive system, and can cause elevated levels of inflammation in the body. The more stressed you are or the longer you feel that way, the more damage that these changes to your body are doing.



Your body also suppresses the immune system response when you are emotionally unstable or unhappy. People suffering from depression, anxiety, and long-term emotional turmoil are much more likely to become ill, partly because the immune system is not functioning at full capacity. They are more likely to suffer from some form of chronic disease because they are also less likely to engage in healthy habits and behaviors such as, exercise, and eating healthy. Long term emotional distress often results in other physical symptoms, including constipation, pain, a loss of appetite, and difficulty sleeping.

Changes in your sleep pattern due to problems in your emotional health play a significant role in your overall physical fitness. Sleep is necessary for hormone regulation, immune system health, effective digestion, memory, cognition, and emotional regulation. The more sleep-deprived you are, the more problems you will have with one or more of these areas, which can severely affect your wellness.

Emotional health and pain

Chronic pain is another physical manifestation of an imbalance in your emotional or mental state. Pain is created when physical sensations combine with your emotions, and you create meaning, which you interpret as pain.



People with emotional trauma, mental health issues, and other psychological problems will often experience pain and feel “bad,” even when there is no physical reason for their sensations.

Whether you are suffering emotionally or experience physical sensations, these messages use the same types of neural

pathways, which is why you may feel short of breath or your heart may race when you are angry.

Attaining Well-Being

When you have health in all the areas of your life, you can attain well-being, which goes past mere physical well-being and extends into all elements of your life. Well-being means that you have health and fitness in your physical being, your relationships with others and yourself, your experience of purpose and safety, your connection to your community, and your environment.



People with genuine well-being feel content and energized, they are connected, and they find balance in their lives. They have a general sense of contentment with the way things are in their lives, and they have balanced between their mind, body, and spirit.

Being stressed, tired, or dissatisfied makes you unwell, as does eating poorly, being overweight, or lacking strength and flexibility can interfere with this balance and disrupt your sense of well-being. Finding wellness in your life begins by determining what would bring you contentment and balance, then engaging in actions and habits that will make those come true.

To attain a state of well-being you need to actively engage in solving your own problems and addressing your health issues rather than just waiting for a doctor or someone else to tell you what to do. Advocating for your personal needs, being proactive to prevent problems, and empowering yourself to take charge of your health are all essential for your well-being.

Being aware of your current status, what you need, and where there are imbalances in your life is crucial for achieving this state. Learning to listen to your body as well as your mind, noticing what is happening, and identifying steps to help you achieve your goals will also be necessary. Your body wants to be in a status of well-being, so always learn to listen to your real needs and take care of yourself. Wellness is attained through small steps that combine to create more meaningful results. Create a positive environment for yourself that will allow you to achieve and succeed and including support from other people in your plan.

Warning Signs Of Poor Emotional Health

Here are some warning signs that your emotional health may be suffering.

1. You Argue a Lot

It's normal to have disagreements or arguments but when you are not managing our emotions well these disagreements tend to happen more often. If you find that you are



arguing a lot with loved ones, co-workers, strangers, or friend, your emotional health is suffering. You are likely not reading or understanding other people's emotions, struggling to understand your own sources of anger, or caught in a perpetual cycle of negative emotions.

1.

You not listening to Others' Perspectives

People who are unable to manage their emotions often feel like they are always right, and others are wrong, even before they hear what others might say. Neglecting to consider the emotions of others, and being critical without hearing their side is a sign that your emotions are out of balance.

1. You Are Living in Denial

Believing that everything in your life is great while having unmistakable evidence to the contrary, shows that your emotional health is damaged. Denial of troublesome or problematic feelings is not an effective way to cope with or manage these emotions, and sooner or later, it will harm you and possibly others. If you are denying that there might be a problem when others, or the facts tell you otherwise, you are in trouble.

1. You Bully Others



Using bullying to control other people, indicates that you are making up for lack of self-worth or confidence by making others feel bad. It is a clear sign that you are in trouble and need to focus on your emotional well-being.

If there are times when you are using ridicule, threats, or force to coerce other people into action, then your emotional health is

damaged.

1. You Can't Understand Others' Feelings

Do you walk around all day asking, "What is WRONG with people?" If so, you may be lacking emotional awareness and control. When you fail to understand why other people might be angry, sad, irritated, or even happy it can lead to miscommunication, annoyance, arguments, and many other negative encounters.

Some people naturally struggle to comprehend the emotions of other people, which makes it even more crucial that you work on developing this skill and practicing it regularly.

1. You Withdraw from Others

If you find that you would always rather be alone than with others, there is a good chance you are not dealing with your emotions in a very healthy way.

You could be withdrawing due to shame, feeling overwhelmed, not having the energy to deal with others' needs, insecurity, or depression. When you isolate yourself, you can create even more emotional problems, including distortions in your thinking and loneliness.

1. Blaming Other People

If your first response is typically to blame other people for whatever problems arise or to refuse to take responsibility for how they are affecting other people, it could be a sign that you lack awareness of how your emotions are affecting others and leading to problems.

1. You Are Harming Yourself

Inflicting harm on yourself is a sign that you are trying to control emotional pain by influencing physical punishment upon yourself. Self-harm can include anything from starving yourself, cutting, binge eating, reckless behavior, or anything else that puts your health and safety at risk. Harming yourself is a clear sign that you are not handling your emotions and may need support to help you get them under control.

Difficulty dealing with Other's Strong Feelings

If you instinctively walk (or run) away when someone gets upset, then your emotional health needs work. This avoidance behavior is not allowing you to understand other people or to learn how to handle your own strong feelings, either.

1. Using or Abusing Substances



Do you use drugs, alcohol, or other substances to help you get through intense emotions? If, “yes” it means that you are not effectively dealing with these feelings. Alcohol and drugs are often used to numb your pain or help you forget why you are upset. Instead of relying on drugs or alcohol to help you manage your emotions, it is much healthier to

learn to cope in healthier, more productive ways.

1. You Have Trouble Maintaining Relationships

Low emotional health can affect your ability to connect with, feel close to, friends, family, or partners, and bond with other people. When you are emotionally unhealthy, you may struggle to understand how others feel, which can mean they stop trusting you or looking for your companionship.

You do not have to have a lot of these warning signs to be concerned about your emotional health. Even just one or two indicate that you need to pay attention to and work on developing your emotional wellness.

You may be able to tackle this on your own, or you may wish to seek the advice of a professional who can help you devise strategies for changing these negative behaviors.

8 traits Of Emotional Health

Let us now look at what emotionally healthy people look like.

People who are emotionally healthy have several common characteristics and habits that allow them to be able to understand and manage their own emotions. Below are the most common of those characteristics.

1. Self-Awareness



Self-awareness is crucial for managing emotions. It includes not only how you see yourself but also how you think others see you. People who are more self-aware understand themselves better, and how their emotions are influencing them.

They consider others' perception of them, are open to honest feedback and engage in regular introspection.

1. Empathetic

Having empathy allows you to place yourself in someone else's position and understand what they are feeling from that frame of reference. Empathy is what allows you to effectively identify and understand how someone else may be feeling, to connect to others and to feel for them when they are struggling or when they are joyful.

1. Adaptable

Adaptability allows you to respond to situations as they present themselves and makes you more resilient to the obstacles and setbacks that are inevitable in life. It enables you to choose a new path when your current one is keeping you from experiencing real happiness. Emotionally healthy individuals, can recognize when they need to stick to their planned course and when they need to switch lanes.

Optimistic



You are more likely to enjoy positive outcomes and to enjoy stronger emotional health when you are optimistic. Having positive thoughts about the future is important for your emotional health. It allows you to seek out solutions when problems arise, to overcome difficulties, and set goals that are higher than if you were pessimistic.

1. Having faith

When you believe that life is happening for you and not to you helps you to have self-control over your life and your actions. Believing in yourself and your ability to control and regulate your life is essential for emotional health and growth.

1. Curious

Being curious means that you are open to improvement and continuous learning, which can help you maintain emotional health over time. Curiosity helps you to grow and strive to be your best continually. When you are curious, you ask questions of yourself, about the world, and to understand other's perspectives.

1. Analytical

Being able to take in, process, and analyze information will allow you to use your reason and logic more than your emotions to make important decisions in your life. When you are analytical, you can examine old habits, perspectives, or behaviors to determine if they are still helping to improve your life. Having an analytical mind helps you to consider the "why" of your existence, which grounds you but also allows you to care passionately about values and beliefs that guide your life.

1. Discerning

Knowing the difference between your needs and your wants allows you to make more healthy, informed choices. Emotionally healthy people can tell the difference between their personal needs and wants.

How to Improve Your Health and Well-being

There are many ways to achieve improved health and well-being. However, it starts with setting your well-being as a priority. Below, we will explore the many different steps you can take to improve your overall emotional and physical health, and in nearly all these exercises or habits, you will see how improving one of these two aspects of wellness will influence the other.

Select those that will help restore the balance to your life, whatever that may be. Work to make it a regular part of your routine and to include it in your life as much as possible or as you need.

Learn to Express Your Feelings Appropriately



When you experience strong emotions, it is important that you learn how to express them appropriately, which allows you to release them and find productive ways to move forward. If you choose not to express your emotions, you end up creating internal stress that can make you feel even worse than you do from your initial feelings. Keeping feelings of stress, anxiety, anger, or sadness pent up can lead to

further emotional turmoil as well as physical symptoms.

Some people fear that expressing their emotions means they are losing control of their emotional self, but in reality, communicating is the healthier choice. You will still feel the emotions, regardless of whether you express them or not.

Expressing your feelings allows you to talk about and demonstrate what is bothering you, which is the first step to finding a productive solution or way to move forward. Letting others know what is bothering you also communicates your boundaries and needs, showing others how they can help you.

When you share your problems with others, it gives you the chance to get feedback or another perspective from others, too, which can help you see your situation differently.

Identifying what you are feeling as well as the cause of your feelings can help you figure out triggers that help you identify areas in which you need to focus as well as find paths forward that help you learn to be happy and succeed.

Seek Balance in Your Life



Wellness is about achieving a balance between all the various aspects of your life. When you focus too much on one component, you are left with no energy or ability to focus on other, equally critical areas. When you obsess over a specific problem or give all your energy to work, family, or leisure activities, you end up neglecting the other parts of your life that are necessary for real well-being.

Over time, your priorities will shift, and certain things in your life will be more critical than others, but it is still essential that you determine what balance is best for you so that you can always devote some time to all aspects of your wellness.

So, while your career may be necessary when you are younger and less critical when you are in your mid-years, it is still essential during all of these times that you devote energy to the other and to the many different aspects that comprise a full and happy life.

Become More Resilient

When you have resilience, you are in a position to cope with stress and keep your health. Resilience is what allows you to overcome limitations and get better from setbacks while also closing aligned with what you accept as true and important in life.

Resilience is a skill that can be learned or strengthened, and it is essential for emotional health as well as physical well-being. You can learn to become more resilient with practice and by engaging in specific training activities.

To develop resilience, you should focus on creating and maintaining a healthy support system. Keeping an optimistic outlook and maintaining a positive view of yourself are also crucial.

Learning to accept change and keep setbacks or failures in perspective is also extremely vital.

Engage in Mind and Body Calming Activities

Self-awareness and relaxation strategies can help you calm your mind as well as your body, which can improve your emotional as well as physical health. Some of the most used and effective of these mind-body techniques include meditation, using guided imagery, yoga, tai chi, introspection and self-awareness, and deep-breathing.

The purpose of these activities is to bring your attention to your present reality, to calm your heart rate and release tension, and relieve any stress you may be feeling.

Eat A Healthier Diet

Eating a diet filled with healthy, natural foods that are rich in nutrients will help give your mind and body the fuel it needs while eliminating harmful additives that can influence your physical and mental well-being.

Your diet directly influences your body, and when you load it with healthy ingredients that contain the right amounts of fat, carbohydrates, and protein, it will respond by keeping you healthy and giving you the energy, you need to live your life. When you neglect your diet, your body will respond with physical and emotional symptoms.



Exercise



Regular exercise allows your body to regulate the hormones that help regulate mood. It also strengthens your muscles, including your heart, which ensures you are pumping enough blood to all your tissues, including your brain. It helps improve your mood, enhance your brain function, and improve how your body functions.

Activity release neurotransmitters that help boost your outlook, and when you spend time exercising outdoors, you will enjoy additional mental and emotional benefits.

Get the right medical care

Your primary care provider should be interested in not only your physical but also your mental health, and you should feel comfortable talking with him or her about your emotional pain as well as any physical issues you may be having.

If you are struggling with your emotional or mental state, then enlisting the advice and support of a mental health professional could also be helpful. Seek the help you need, and always talk honestly and openly with those entrusted with your care.

Overcome the Brain's Instinct for Negative Thinking



The more stressed and unhealthier you are the greater the tendency to think negatively. In survival situations, this enables you to remain vigilant and avoid danger or threats. But, in everyday life, a constant focus on what is wrong or “bad” in our lives is not productive. This negativity bias is what keeps you dwelling on past mistakes or problems or gets you so upset

over minor frustrations in your day.

Instead of allowing your mind to focus on this negativity, you need to retrain your brain to look instead at what is positive and enjoyable in your life.

Improve your attitude

Your outlook is one part of your emotional health that you can control each day. When negative things happen or you start to feel negative emotions creeping in, turn those into positive thoughts. This will also help you become more resilient. Focus on the positive aspects of the situation, look for ways to learn from mistakes or missteps, and focus on what is important to you for your future.

Focus on gratitude, being mindful of how negative thoughts are influencing you, and learning to experience the world with wonder can keep you from focusing on the negative.

Learn to Forgive



If you walk around harboring resentment or other negative emotions toward another you are much more likely to have health problems and suffer from other emotional and psychological issues.

Forgiveness, which is the act of acceptance regarding an event as well as letting go of your negative

feelings about what happened, helps you experience more positive physical and mental health.

Forgiveness does not mean that you have forgotten what has happened but instead, you accept that it is over, you no longer wish to feel bad about it, and you can take the lessons you learned and use them to inform your future.

Learning to forgive can boost your immune system and even help you live longer. Harboring ill will or bad feelings has a negative impact on your heart as well as your overall health, so learn to let it go and move on.

When you learn to forgive others or even yourself, you will notice that you feel less pain, you are not as easily angered, and that some of the physical symptoms you may have been feelings have resolved.

Guard your self-esteem.



Learning to feel confident and comfortable with yourself is an important habit for protecting your emotional wellness and safeguarding your well-being. When your self-esteem is high, you are less likely to be critical of yourself while also being less likely to take others' actions or words personally. Being compassionate

towards yourself protects your self-esteem and provides you with more protection from emotional dysfunction.

Learn to handle failure

Instead of looking at failure as something negative, it is better for your emotional health if you take control of your reactions and turn failure into a positive. Look at failure as an opportunity to carefully examine what you need to do to be successful in the future and to move forward with a more informed plan. Using failure as feedback helps you identify the factors you can control and allows you to take control of your motivation and plans.

Be realistic

Having unrealistic expectations can set you up for failure, lower your self-esteem when things do not turn out well, and lead to diminished emotional health over time. When you keep your expectations for yourself as well as other people more realistic, you are more likely to be happier, enjoy better outcomes, and learn more from your experiences.

Be your best friend



Treat yourself as you would a cherished friend including how you talk to yourself and the expectations you have for your abilities and outcome. Be gentle with yourself about your imperfections in the same way you would about your best friend's or partners. Treat yourself with kindness, understanding, and forgiveness.

Decrease your stress level.

Under stress we become more reactive. Stress also creates biochemical changes that can be harmful to your health. Transcendental Meditation, has been scientifically proven to release stress and create balance in health. Meditation, exercise, as well as finding enjoyable activities, can help you cope with stress in your life.

Practice Deep Breathing



Taking deep breaths is an effective way to reduce stress, release tension in your body, and calm your mind. People who regularly practice deep breathing notice improvements in their ability to think and reason as well as lower blood pressure.

Taking deep breaths with your attention on your breath, allows you to block out negative emotions and center your thoughts on something other than anxiety or stress. Learning to breathe deeply can have a significantly positive influence on your life and your

health.

Set goals and work to achieve them

Having a sense of purpose is extremely helpful for maintaining motivation in life, and when you set realistic and attainable goals for yourself, then work to achieve them, you will enjoy a sense of accomplishment. Working toward goals can help build your self-esteem and the trust you have in yourself.

Practice self-awareness

When you learn to be more self-aware, you become more conscious of what is happening around you, and how it is affecting you. Those who engage in self-awareness practices regularly are more likely to be more conscious of their emotions and to live life more purposefully.

Get enough quality sleep.



A good night sleep is important for your physical as well as your mental health. Being tired due to lack of sleep affects your ability to cope with stress, to recognize and manage your emotions, and to focus. Make sure you are not only getting enough sleep but that your rest is quality. Develop a sleep routine that works for you and stick to it, no matter what.

Build strong connections to others.

Having strong and healthy relationships can improve your emotional and physical health. Relationships can come from all types of sources and do not necessarily have to be romantic to be significant to your emotional well-being. Having a wide circle of friends and people you can rely on will keep you healthier and happier throughout your life.

Stop brooding

Brooding over things that have already happened affects your mood and motivation. If bad things happen in your life, it is important to process those emotions and then move on from them. Change your thoughts to something more positive as soon as those ruminating thoughts creep in and stop dwelling on things you cannot control if you want to enjoy emotional well-being.

Honor your boundaries.

Having strong emotional health, allows you to know when to set boundaries that honor your wellness as well as how to keep others from disregarding those boundaries. Setting boundaries can help keep you healthy and allow you to honor what is important and necessary for you, but it requires courage and self-esteem to ensure that others honor those boundaries, as well.

Learn to deal with loss.

Whether it is a death, the end of a relationship, losing a job, or some other disappointment in your life, learning to deal with loss is an important part of being emotionally well. Learning to mourn your loss, to acknowledge and confront your feelings, and then to move on is an important part of emotional well-being.

Learn to Say "no."

Taking care of yourself and respecting your time and needs is also crucial. When you say "yes" to everyone else, it leaves little time for you. Saying "no" is a combination of self-care and setting boundaries and allows you the time you need to take care of what is important to you. Overextending yourself leads to stress and an inability to cope with other emotions, so know when to say "enough."

Be responsible for yourself

Accepting responsibility for your emotions, your behavior, and all that you do to influence your existence puts you in charge of your life. Giving over responsibility to others or blaming them for your situation is a sign that you have not accepted responsibility and are allowing others to dictate your emotional well-being. Remember, only you can make you happy.

Value personal development

Emotionally strong people understand the value of personal growth and development. They seek advice from others, search for new opportunities to learn, and focus on ways to better themselves and their lives.

Know when to get help

Being emotionally healthy does not mean having all the answers or being “perfect.” Instead, it means knowing that sometimes you may need the support of others to cope with some of your emotions.

Getting assistance from a support network or a professional are all healthy signs that you value your emotional help and are willing to do what is needed to accomplish that goal.

Sign up with a coach



A coach will assist you overcome the health and emotional problems you may be facing. The personal benefits of coaching vary depending on the individuals involved. Many people report that coaching positively impacted their careers as well as their lives by helping them to:

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- Establish and take action towards achieving goals
- Become more self-reliant
- Gain more job and life satisfaction
- Contribute more effectively to the team and the organization
- Take greater responsibility and accountability for actions and commitments
- Work more easily and productively with others (boss, direct reports, peers)
- Communicate more effectively

As a health and life coach I have helped many people overcome personal challenges. I have also created the “Master Your Emotions-Transform Your Life” online course that can help you overcome personal challenges. Visit www.psychedonlife.net/courses for more information.

In Conclusion

Emotional health is one side of your overall well-being, and it plays a vital role in your physical health as well as your overall happiness. Understanding your emotions and learning how to master them is the first important step for anyone who wants to have control over their lives and to gain the understanding necessary for true self-exploration.



Introspection, practicing self-awareness, and deciding that controlling your emotions is important to you will all help you achieve emotional health over time.

Your physical health is strongly influenced by your emotional health. Pushing aside or ignoring your emotions do not make them disappear. Instead, they build up and find ways to release, creating

negative influence on your health.

Having a positive self-care routine, including eating a healthy diet, exercising regularly, and getting quality sleep can help you relieve stress, improve your outlook, and reduce physical symptoms like high blood pressure and gastrointestinal distress.

It is clear that maintaining a healthy mind and body is crucial to sustaining emotional well-being.

Take care of yourself and enjoy life!

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About The Author



Dr. David Lee Sheng Tin is the author of “*Awaken to Your Divinity: Creating Your Emotional Fitness: The Missing Link to Spiritual Growth*” and “*Master Your Emotions- Transform Your Life*”. He is a Board-Certified Holistic Health and Strategic Intervention Coach as well as a relationship and marriage educator. He is also an Ayurvedic and Traditional Chinese

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David has been lecturing on the topic of human development, meditation, stress management and healthy lifestyle to individual, groups and companies in the Caribbean and the USA for the past 30 years. As a holistic health coach and lifestyle consultant, he works with clients around the world via the internet and in live seminars, workshops and personal consultations.

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A Practical Guide To Emotional Freedom

Emotions begin in your brain, where they stimulate physical reactions as well as start an evaluation process. You judge your situation or whatever is causing the feeling by how much it matches your ideal of happiness. The closer it is to optimal, the more favorable your emotions. Your body also creates physical responses to emotions, which is why when you are scared or surprised, your heart races, and you may feel flushed. These signals come from deep within your brain, where your mind is trying to protect you from danger and is preparing your body to respond to threats. These physical responses are ingrained, and you know which emotion you are feeling based on how your body feels many times. So, emotions are not just something your brain determines, and how one person feels in a situation can be entirely different from how another person may feel.

Understanding and managing your emotional health is an integral part of your overall wellness and happiness. If you are interested in improving your emotional health but are not sure where to start, you are in the right place.

visit: www.psychedonlife.net