One of the best remedies is to establish a routine that allows you to take a break from the worries and troubles you may be facing. Train yourself to feel peace and tranquility in order to gather your thoughts and create a space between the stimuli and your response. The more you train your brain to go to this space when times are difficult, the easier it becomes to mind the gap between stimulus and response.

I typically advocate meditation and journalling to my clients. These two exercises help build mental strength and allow you to repair your filter, preventing erroneous mood swings from getting through.

Balancing your emotional essence is the key to self-mastery and peak performance. Anger, frustration, and resentment are some of the signs of hidden emotional viruses. Identifying and then eradicating them should be your number one focus.

Be courageous!

YOU CAN USE YOUR EMOTIONS TO YOUR BENEFIT, or you can allow them to lead you towards stress and an impoverished and negative view of the world around you. It doesn't take much to see emotions at work. Road rage, irritability, anxiety, and short-tempered behaviours are examples. Emotional symptoms have a profound and immediate impact on the body. Symptoms of chronic negativity include heart palpitations, numbness and tingling in the extremities, fatigue, weight gain due to increased cortisol release, and headaches.

Controlling your emotional essence is key to finding balance in your life. At the root of most emotional imbalances is the feeling of being misunderstood and having the ego personally attacked. In the competitive arena, many athletes will agree that unchecked emotions can cost them an important win, distracting them from the goal at hand. Scattered thoughts and mood swings cause the mind to get stressed, creating a shift in concentration that focuses more on the problem than the solution. This explains why the most difficult issues we are faced with are often solved during times of calm and solitude. Creativity arrives when we're relaxed and at ease.

The ability to control our emotions is essential to effectively managing our entire life.

So what can we do to build up our emotional essence to weather the storm when it arrives?

IN THE PAST TWO ISSUES I HAVE REFERRED TO A CONCEPT CALLED OUR “6-ESSENCES.” Once you adopt the concept of the 6-essences in your life, you will achieve harmony and balance of mind, body, and soul—a recipe for claiming peak performance. Each of the six essences is a subcategory of the mind, body, and soul triad and includes the physical, chemical, material, mental, emotional, and spiritual realms. In this issue, we’ll touch on the emotional essence.

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