

Building Your

EMOTIONAL TOOLBOX

What is a tool and why is it so important?

A tool is anything that we can use as a coping mechanism to change or shift our current state. Tools can be unhealthy (food, alcohol, or drugs) or healthy (breath work or meditation).

Some of us may have been raised without learning how to manage our bodies, emotions, states, and feelings, so we end up turning to what is available to us and hitting the “easy” button to find comfort. The idea is to start integrating the healthier tools into your Daily Practice in order to allow the unhealthier ones to slowly fall away.

Develop a Daily Practice

A Daily Practice will become the foundation to your high performance and emotional resilience by teaching us to be intentional about how we navigate our days. Otherwise, other people’s priorities can become our own.

The foundation of my Daily Practice is to use a variety of different tools which includes a combination of prayer, journaling, gratitude, essential oils, meditation, playlists, and embodiment practices such as Breathwork, Kundalini Yoga, and Emotional Freedom Technique (EFT).

Gratitude is the New Attitude

A commitment to YOU through a Daily Practice will help give you the clarity you need to execute your goals and dreams.

List three things you are grateful for.

What would make today great?

What did you come here for?

What are you willing to release?

Use Essential Oils

Essential oils play a powerful role in physical and emotional healing and are nature’s gifts! They assist in healing the physical body and the heart, and can be a powerful aid in releasing limiting beliefs and inspiring the fulfillment of our life’s purpose.



Breath Work and Kundalini Yoga

When we change our philology, we can change our psychology and the integration of our mind, body, and spirit, and we are beyond powerful. To change state quickly and invigorate, I recommend Breath of Fire or Alternate Nostril Breathing.

Emotional Freedom Technique (EFT)

EFT is an evidence-based practice therapy that is derived from the techniques of acupuncture and acupressure. It uses "tapping" on the basic energy meridians in the body to eliminate physical and emotional or mental issues.

EFT is a somatic based healing modality that works by integrating your brain and body connection.

It has helped me find relief from anxiety and stress by calming down neural pathways caused by stress, grief, and self-sabotaging behaviors.

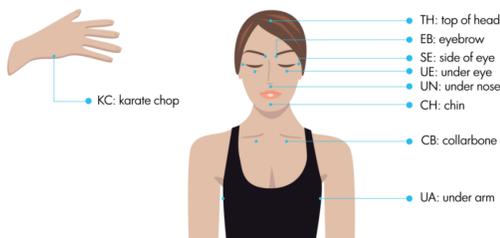
How does it work?

Imagine if you took off the back of your TV and could see all the wires and electrical connections, like the circuit board, etc. If you were to jam a screwdriver into one of those connections, it would disrupt the normal flow and make a ZSSST noise, and the picture would likely fuzz out.

The same is true when we experience a negative emotion, or we have a negative feeling or distressing memory. The energy system is disrupted, and then we experience a somatic response in our body, such as a faster heart beat or a sinking feeling in our stomach.

EFT states that *"The cause of all negative emotions is a disruption of the body's energy system."*

Think of tapping like yoga, which is another tool you may wish to use to support you with distressing emotions, situations, people, everyday stresses, and pure overwhelm.



The basic recipe consists of three rounds:

- 1. The Set Up** – properly orient the energy system before attempting to remove disruptions
- 2. The Sequence**
- 3. The Suggestions** - tap solutions in that show other possibilities for the problem

When you tap, must pay attention to the process and see what else is coming up.

Do you have any specific insights or memories?

What is the truth of what you feel right now and and can you calm this response?

It may feel like an unusual process, but it works!

