



Take a mindful moment

Use positive self-talk

Breathe deeply

Talk it out

Time out

Walk it out

Write it out

Flip the script

Identify the emotions

Envision a peaceful scene

# Managing Your Emotions

**Ethan Kross**

## Managing Your Emotions:

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The average person has 70 000 thoughts every day and many of those thoughts trigger a corresponding emotion No wonder so many of us often feel like we re controlled by our emotions Our lives would be much improved if we controlled them In **LIVING BEYOND YOUR FEELINGS** Joyce Meyer examines the gamut of feelings that human beings experience She discusses the way that the brain processes and stores memories and thoughts and then emotion by emotion she explains how we can manage our reactions to those emotions By doing that she gives the reader a toolbox for managing the way we react to the onslaught of feelings that can wreak havoc on our lives In this book Meyer blends the wisdom of the Bible with the latest psychological research and discusses the 4 personality types and their influence on one s outlook the impact of stress on physical and emotional health the power of memories the influence of words on emotions anger resentment sadness loss grief fear guilt regret the power of replacing reactions with pro actions and the benefits of happiness **Controlling Your Emotions, Before They Control You** Bob Phillips,2001-03 In this timely book readers will find practical help in cutting loose the emotional baggage that paralyzes This easy to read hands on guide will aid struggling believers as they deal with depression overcome anger understand feelings take responsibility forgive others slay the giant of fear handle stress and praise God in the midst of problems **Managing Your Emotions for a Healthier Life** Mark W. PhD Baker,2020-11-17

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control Mild frustration quickly turns to anger Sadness becomes despair Disappointment deepens into bitterness You may begin to wonder if you control your feelings or if they control you Amy Baker explains that our emotions don t have to

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