



14 WAYS TO MASTER YOUR EMOTIONS

Do you control your emotions, or do they control you? Emotions should serve us, not the other way around. When your emotions are out of control, it's hard on your mind, body, and relationships.

By **Barbara Conway**
BarbaraConway.com



WELCOME

Consider these negative issues caused by uncontrolled emotions:

- They can easily fuel us to do or say something inappropriate.
- Strong emotions inhibit our ability to make sound decisions.
- Overactive emotional responses can also be damaging to your health.

On the other hand, look at these benefits of having control over your emotions:

- You can avoid many challenges in your life. (Seriously, don't you have enough stress already?)
- You'll live in greater harmony with others.
- You'll enjoy more peace and happiness in your life.

As with most other things, controlling your emotions requires practice for you to become skilled at it.



ABOUT

Hello. Barbara here. I am a Life Coach, specializing in Mindset focused on Women Empowerment. Clients seek me out to help them Rebuild their Confidence, Restore their Self-Esteem and Redefine their Self-Image.

I have worked with the military as a volunteer and then was appointed to what is now called a Soldier and Family Readiness Specialist. I have been trained by the #1 agency that develops Leaders.

My training has been a 30+ year journey as the program has changed. I have taken the opportunity to achieve every certification the Army has offered. Since 2020, I have made it my mission to pursue additional professional development after hours.

I am honored to have received the Mindset Certification and I am currently working on Accreditation through the same agency.

Contact

Instagram:
[@BarbaraConway413](https://www.instagram.com/BarbaraConway413)

Facebook:
<https://www.facebook.com/BConEnterprises/>

TikTok:
<https://www.tiktok.com/@btconway13>

Website:
<https://barbaraconway.com/>

14 WAYS TO MASTER YOUR EMOTIONS



PRACTICE THESE STRATEGIES AND BECOME THE MASTER OF YOUR EMOTIONS:

Taking a step back and asking yourself if **THIS SITUATION** is worth my emotional stress can help you recognize when you can walk away.

Be aware of your emotions. This is the critical first step. Emotions turn off the logical part of your brain. You're fully engaged with whatever has triggered your emotional state. It takes practice to notice that your emotions are off-kilter. However, it's easier to put out a small fire than a big one. Catch yourself as quickly as possible.

Reduce stress. You've probably noticed that when you're stressed at work, you're less patient with your children. When your stress levels are higher, you're more likely to overreact. Take time to enjoy activities that bring you peace.

Exercise. It's harder to get upset or stressed after a good workout. Regular exercise releases much of the tension in your body and makes it easier to control your emotions throughout the day.

Determine your triggers. When are you most likely to lose control? At work? At home in the evening? With your in-laws? Notice your emotional patterns and do what you can to minimize your responses in those situations.



Keep your ego under control. Many strong negative emotions are the result of a fragile ego. You might feel you've been ignored, mistreated, or slighted in some way. Or perhaps you believe that someone didn't act in a way you considered appropriate. You can shore up your ego with positive affirmations.

Meditate. Meditation teaches you that your thoughts and emotions are fleeting things that largely come and go. By learning to just observe them, you learn that they will fade away on their own. You also realize that you don't have to react to them.

Sleep. You've noticed how a tired toddler is on an emotional knife edge. Don't fool yourself into thinking that you're immune to this phenomenon. Get enough sleep to ensure that you're emotionally sound each day.

Change your thoughts. You can upset yourself with your thoughts alone. You can also make yourself feel better by changing your thoughts. When you notice a negative thought, immediately switch it to a thought that makes you feel good.



More ways to practice mastering your emotions:

Pause. Think of all the trouble you could've saved yourself over the years if you had just taken a moment to breathe and relax. When you're feeling overly emotional, take time to collect yourself before you speak or take an action you might regret.

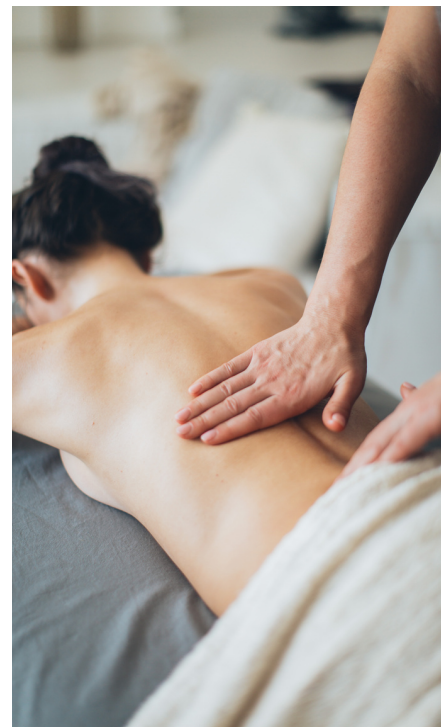
Focus on finding a solution. Emotions run higher when you focus on the problem. Direct your attention to a solution instead. You'll not only calm yourself, you'll be on track to solving the issue before you.

Question your opinions. You're not always right. Maybe you don't actually have a good reason to be upset. Ask yourself if your opinions and beliefs are 100% accurate regarding the upsetting circumstances.

Remind yourself of past emotional experiences. Occasionally remind yourself of the pain you've caused yourself and others in the past by losing control of your emotions.

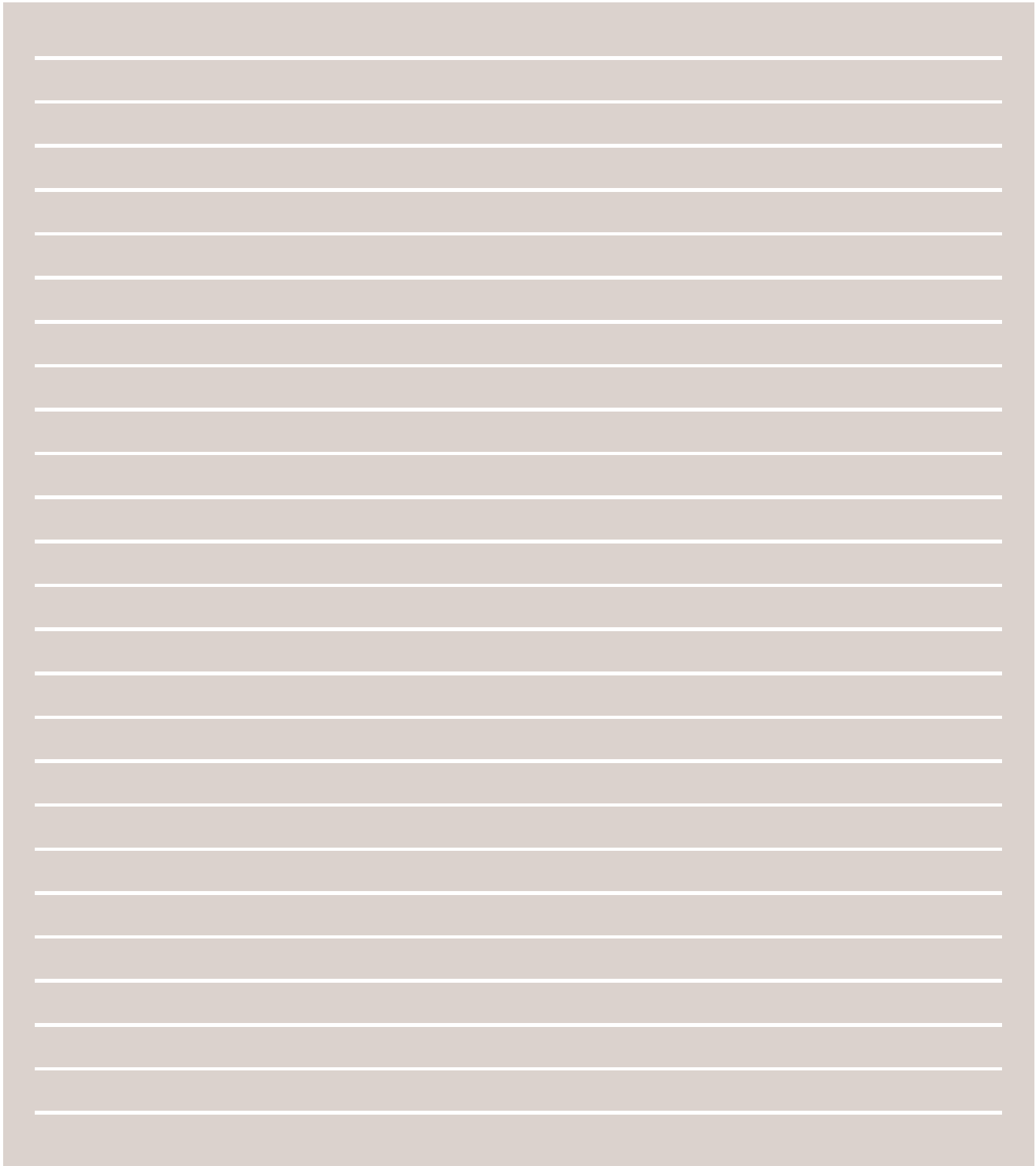
Avoid alcohol. A few drinks can loosen up the emotions. This might be fun in certain situations, but a disaster in others. Be cautious regarding alcohol use.

Focus on your breathing. When you're in the middle of a strong emotional reaction, you're focused on the thoughts going through your head. It's easy to magnify your emotional state when your focus is inward. Bring yourself back to reality by directing your attention to your breathing.



Master your emotions through journaling:

Each time you get upset or begin to get irritated, start to write about it. WHY is this situation upsetting? WHO was it that upset you and was that the real reason? HOW can you explain to this individual how their actions make me feel in a calm and polite manner?

A large rectangular area with a light beige background and horizontal white lines, intended for journaling. The lines are evenly spaced and run across the width of the area, providing a guide for writing.

Seven day attitude check - weekly planner

Use this planner to schedule a daily Emotional Break from your normal workload. It can also be used at the end of the day to track how you managed your emotions or what you could've done better. We only have ourselves to guard against undesired emotions. It is up to us to manage our responses.

SUNDAY:

MONDAY:

TUESDAY:

WEDNESDAY:

THURSDAY:

FRIDAY:

SATURDAY:

NOTE:

BOOK A SESSION

I am here for you every step of the way. If you are finding this task more difficult than you thought, I encourage you to reach out.

I also encourage you to reach out if you feel you have experienced past trauma and need to focus on your self care. My divorce was THE lowest point in my life and I worked hard to claw my way up from that depression and despair that had me wanting to commit suicide.

Your self-care is vital to your survival. If you want to Rebuild your Confidence, Restore your Self-Esteem or Redefine your Self-Image, I have done it and can walk you through my exact steps. I am currently offering exclusive 1 on 1 sessions with a select few who qualify.

I am waiting to hear from you. It is never too late to invest in yourself.

[CLICK HERE](#)