



Tool No. 1: Emotions and Their Physical Sensations

Introduction: Pain can be described as an easily accessible collection of sensations that we associate with negative outcomes. When it comes to grabbing our attention immediately, pain usually dominates. It can distract us from focusing and resting properly when it is intense.

The converse is also true. A cut or wound may go unnoticed, until you see yourself bleeding. Then, the familiar stinging sensation arises. You were likely focused on something else, and the physical sensations did not register until your focus shifted. Therefore, physical sensations are intrinsically tied to our thoughts and emotions.

Purpose: One of life's "cheat codes" is to use physical sensations to check in with the emotional self. This tool can help guide you towards problem solving more quickly and reduce confusion and stagnation. It also helps to prevent burnout and its harmful consequences, because you can incorporate counter strategies at the earliest signs of stress. This tool can also help you to be completely present in the emotions of positive sensations; thereby, experiencing joy actively and more frequently.

Below is an exercise to help you deepen the relationship between your body and your mind for a fully embodied and empowered lived experience.

Directions:

1. Choose an emotion word from the word bank.
2. Close your eyes, take a deep breath and focus on that word for a moment.
3. Step into the memories that you associate with the emotion.
4. When you have a good sense of how the emotion *feels* to you, answer the following questions.

Excitement	Embarrassment	Bored
Anxiety	Nervous	Confident
Exhaustion	Focused	Relaxed
Understood	Loved	Frustrated

- A. Identify the body part(s) where you experience this emotion?
- B. What physical sensations do you experience with this emotion? *Pay attention to subtle changes, and be as descriptive as possible. Tingles? Pulsing? Tightening? Fullness? Hot/cold?*
- C. Does this emotion/sensation promote or inhibit productivity in your life?