

HeadFIT

Calming Your Emotions

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Everyone feels emotions all the time. Happy, sad, relaxed. It's normal. But sometimes negative emotions can get the better of you. Anxiety or anger can overwhelm the way you think, which can make you lose control. Losing control means you don't think straight and can't perform at your best.

But there's a great technique for staying in control. It allows you to step back from your feelings, notice what's going on, and get a hold of your emotions before they become too much and start controlling you. So, before things get heated, know what really pushes your buttons so you can take steps to close those things down. Then, remove yourself from a situation if you can, take a little bit of time out. Then take ten deep breaths and make sure you breathe out for longer than you breathe in. That really helps your body to calm down. And once you're calmer, you naturally become more rational and focused. It's a simple way to regain control and make better decisions.