**How do we manage our emotions?**

Often, we feel sad or happy or gloomy and sometimes a mixture of all these, but we don’t know how to describe our emotions. Knowing how you feel and to be able to articulate your emotions, is the foundation of eliminating any negative blockages in the body. Lot of times we have experienced that we have vented out our anger, but it was because of something else. There are also situations when we feel a bit sad but don’t know why we are feeling so.

*Why do we need to manage our emotions?*

The reasons are simple, we don’t want to get into unpleasant situations if not able to manage anger for example. The other reason is when are emotions are at the peak our decision-making ability goes down. We are not able to think properly. Its always good to pause and take a break if you are going to take an important decision so that you can think clearly.

So, to fully master the art of self-awareness we will need to recognise the source of the emotion and then be able to do something with it.

These simple ways can help us in managing our emotions.

1.A good practice to keep reviewing our emotions is to spend some time with yourself alone and just be able to check what is the emotion you are feeling now. If you feel you are feeling a bit dull and gloomy then you should be doing those activities that can make you active. For everyone these can be different, some may enjoy a walk, listen to music or for some it may be talking to an old friend on phone.

2.Keep a diary: A simple way to know your emotions better is by keeping a diary and writing down some of the unhelpful thoughts or feelings. This can be a reflective journal, by the end of the week you will know how many times you have not feel the best and how many times you have.

3. Knowing what can make you feel better and worst: Sometimes we don’t know which things make us feel good and what tickles us off. We need to keep noticing what are the things that can make us feel good and try to invest our energies there.

4. Being mindful: After knowing what your pain areas are and what makes you happy all you need is to be mindful in the future. Next time you get in the same situation you need to slow down, think and pause and then respond. Simple Mindfulness practices really help in this regard.

In the end we all our humans and we have emotions and feelings, just that we sometimes forget that and unknowingly do things out of our unawareness and wonder why did we do something like this? It’s perfectly normal to feel sad, angry, very excited or have mixed emotions as well. No emotion is bad, its just important for us to manage them.