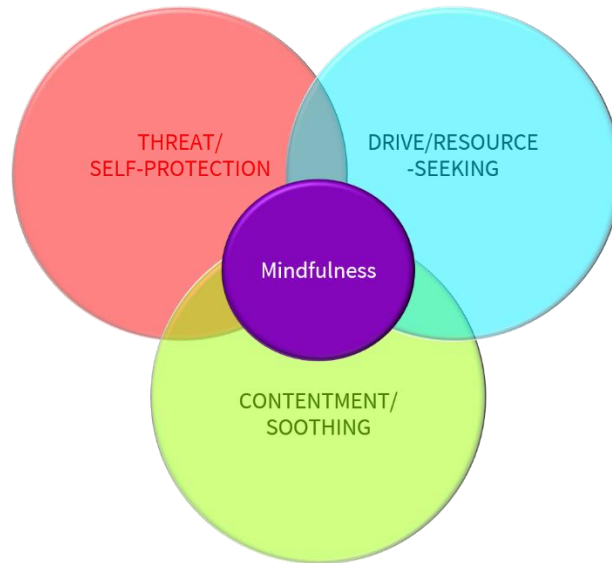


THE EMOTION REGULATION SYSTEM IS A BALANCING ACT...STRAYING TOO FAR INTO ONE CAN IMPACT POSITIVELY AND NEGATIVELY



A mindfulness practice allows us to recognise the emotional system we are operating from in that moment.

- We know for example if we are operating all too often from the threat/self-protection system we are likely to be feeling stressed, chances are we aren't thinking effectively, and the impact of the stress hormone on our bodies will challenge our sense of well-being- see table below and overleaf.
- If we are too driven – what happens when we fail? Can we handle those setbacks with acceptance, or do we crash against them and wish it were different?
- If we are lacking in contentment, or do not have moments of calm, how do we handle when we feel under threat, or driven to succeed?

See overleaf for a table with further information – and a reflective practice for you to try.

THE EMOTION REGULATION SYSTEM IS A BALANCING ACT...STRAYING TOO FAR INTO ONE CAN IMPACT POSITIVELY AND NEGATIVELY

	THREAT / SELF-PROTECTION	DRIVE – RESOURCE SEEKING	CONTENTMENT/SOOTHING
POSITIVE IMPACT	Fight or flight – epic in a dangerous situation it is safety-seeking – helps us to notice danger – great if we smell a fire or something disgusting in the fridge	Motivates us towards a goal, achievement oriented when we are rewarded, we feel good!	Feeling safe, content, peaceful, fulfilled, connects us positively towards others with compassion and kindness
NEGATIVE IMPACT	It is also accompanied by fear, anxiety, anger and disgust and research shows this is the often the system we operate from more than the rest, it can have a great deal of impact on our immune system If we are often operating from a pressurised place, we are narrowing our thinking and likely to have poorer judgement	When we achieve and we feel good –we want more of it! It can become an addiction, and it can also leave us feeling unfulfilled or unable to cope if we do not have our needs met	Too long spent with these hormones can make us lazy, apathetic, unmotivated, eventually depressed
AREA OF THE BRAIN IMPACTED	Amygdala (oldest part of our brain)	Reward system – a selection of pathways	Pituitary gland plus other areas (endorphins) and hypothalamus
HORMONE	Adrenalin & Cortisol	A neurotransmitter called Dopamine	Happy-soothing chemicals such as endorphins and oxytocin

Today's practice – reflect and review what system you feel you have operated in mostly?

How did that feel – consider what physical sensations were present?

What emotions were driving you particularly?

What can you do to bring you more balance?