

AMYGDALA
(EMOTION
CENTRAL)

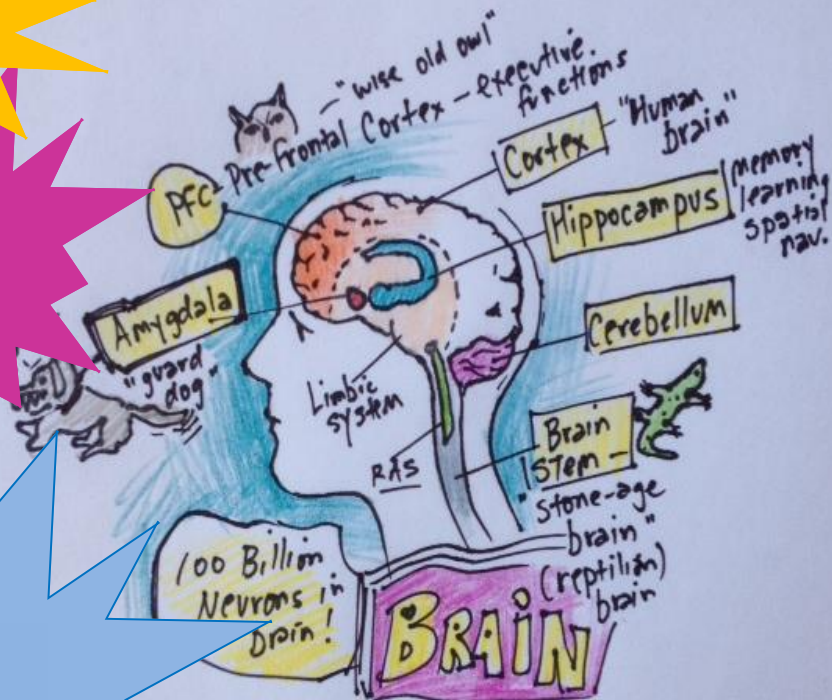
Guard Dog (We'll
call him EMO)



Fight
VS

ANGER RAGE
FEAR
FRUSTRATION

HAPPY
JOY
CONFIDENT
CALM



Train the Guard Dog

STOP. Freeze! Whatever you are doing, press Pause on your personal remote.... Create a space between what has been happening to activate your GRRRR guard dog and what you can do to calm Emo down.

BREATHE. Give your Chest a Rest! Start your Belly Breath. All the heaviness, tightness and tensing caused by anger and anxiety can wear out your upper body (not to mention the fast and heaving breathing). Slow your breath down by placing both hands across your belly and breathing in until you feel your tummy fill up, and then breathe slowly out feeling your tummy release all the air. See if you can do this ten times so that Emo has time to stop barking & relax, so you can put his leash on.

THINK. Emo can now play nicely & cooperate with the rest of your brain!

Remind yourself you are now in control Emo & of your behaviour (even if you don't feel in control of the situation you are 100% in control of your reactions). Give yourself a pat (on the back) for calming down. Think about the choices you can make now (in every situation you always **ALWAYS** have choices)... What will/can/may happen if I stay cool **VS** What will/can/may happen if I let Emo off the leash