



8 UNIQUE WAYS

TO IMMEDIATELY

CHANGE YOUR EMOTIONAL STATE

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If you need to change your mood or emotional state in a hurry, you have options available to you.

Your emotional state affects your attitude, focus, decisions, and your ability to act.

The ability to manage your emotional state is a power skill that must be mastered if you want to be able to get the most out of each day. If you can control your emotional state, you can be happier and more successful.

Take control of your emotional state with these strategies:

1. MOVE.

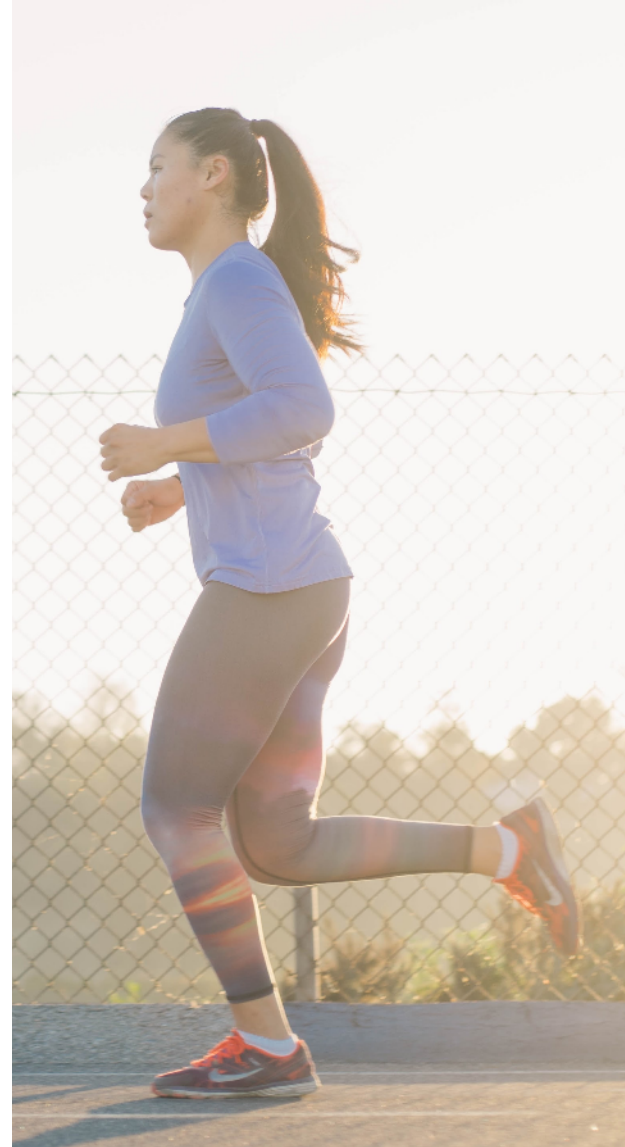
Your emotions are actually body feelings created by your thoughts. If you move your body, the way your body feels will change.

Moving is one of the most effective ways to change your emotional state.

There are many ways to use your body to alter your emotions.

Here are just a few options:

- Stand straighter.
- Do jumping jacks.
- Dance.
- Stand up quickly.
- Spin around.
- Walk like a robot.
- Run.
- Skip.





2. LAUGH.

Laughing feels really good! Make yourself laugh and you'll feel differently, and the change is instantaneous.

- Think about something funny.
- Watch your favorite comedian.
- Talk with your funniest friend.
- Read a joke.

3. GIVE YOURSELF A CHANGE OF SCENERY.

It's amazing how much differently you can feel if you just move to a new location.

- Spend an hour at the coffee shop.
- Go to the library.
- Walk around the park.
- Sit out on your back patio.



4. DO SOMETHING THAT FRIGHTENS YOU.

If you want to take your mind off your current thoughts, fear is an effective way to do it. Your emotional state will change, guaranteed.

- Strike up a conversation with an attractive stranger.
- Have that conversation you've been avoiding.
- Go to the pet shop and ask to hold that scary-looking snake.



5. DRINK A LARGE GLASS OF COLD WATER.

A good drink of water can change how you feel. Making sure that it's cold makes the experience jolting. Pour yourself a tall, cold glass of water, stand outside, and drink it.

6. USE HEAT OR COLD.



Anything that impacts your body significantly can impact your emotional state, too. Heat and cold are all-encompassing experiences for your body. Your attention can't help but notice them. Your brain and body are also taking notice. Your blood vessels expand or contract. You sweat more or less. There's a lot going on when you expose yourself to significant temperatures.

- Sit outside on a hot or cold day.
- Take a hot shower or bath. Sit in a hot tub or sauna.
- Try a cold shower or bath.

7. SING.

Singing is a novel way to change how you feel. If you're not used to singing, it can feel awkward. If you sing regularly, you do so because it's enjoyable. Either way, your emotional state will be impacted.



8. DO SOMETHING NEW OR UNEXPECTED.

Shock your system by doing something totally out of character.

- Pull out the bike you haven't ridden in years and go for a ride.
- Take a walk around the neighborhood if you rarely do so.
- Go out to a new restaurant.
- Call an old friend you haven't spoken to in ages.
- Eat a tablespoon of hot sauce.
- Shake things up.



You have an emotional state of some sort every waking moment of the day. **The real question is whether or not it's a useful emotional state.**

Even more importantly, is it the optimal emotional state for the current moment? You can change your emotional state with practice. You can even change it quickly!

