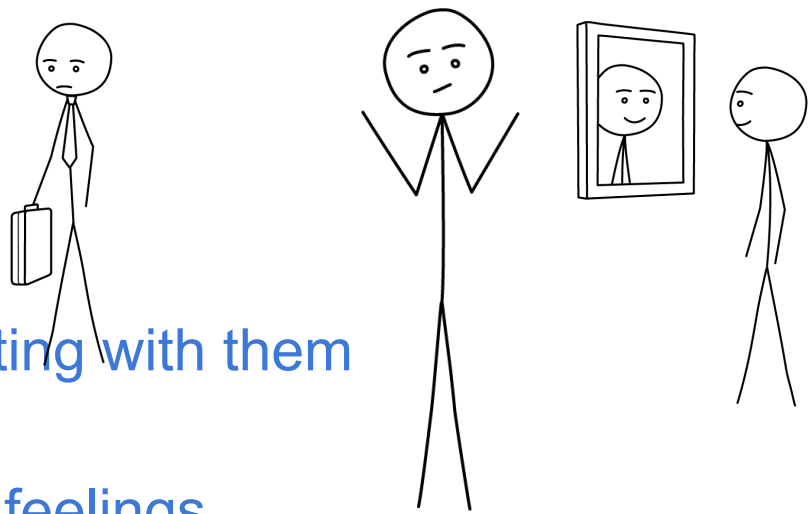


Dealing with Feeling



Agenda

- An overview of our core feelings
- Why we have a hard time connecting with them
- Our relationship with vulnerability
- Why we need to connect with our feelings
- Practical ways we can connect with our feelings to change our life for the better
- My/Your Internal World



Core Feelings

Happy

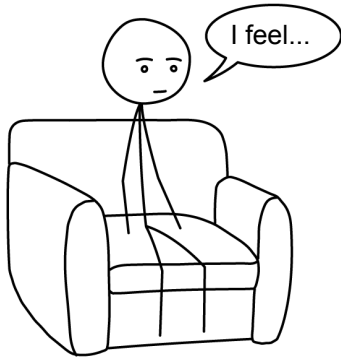
Angry

Fear

Hurt

Sadness

Shame



Physical Experiences

Tired
Hungry
Energised

Greetings

OK
Good
Great
Very well
thank you
F
I
N
E



Emotive Language

Rageful	Jealousy
Loved	Frustration
Ecstatic	Stressed
P***ed Off	Unhappy
Upset	Nervous
Guilty	Excited
Infuriated	Down
Loathing	Glum
Low	Annoyed
Attacked	Terrified
Miserable	Insulted
Anxious	Uncomfortable
Excluded	Bitter
Worried	
Revulsion	



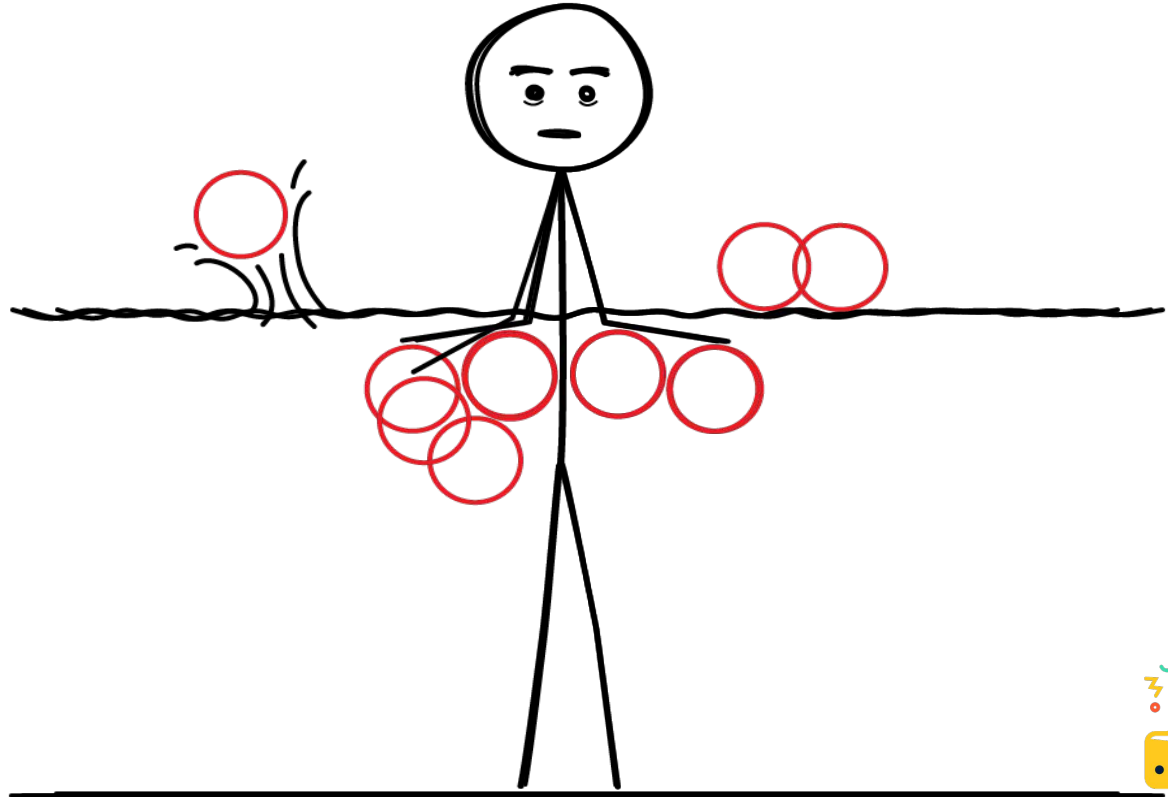
How we often deal with feelings

Hide

Deny

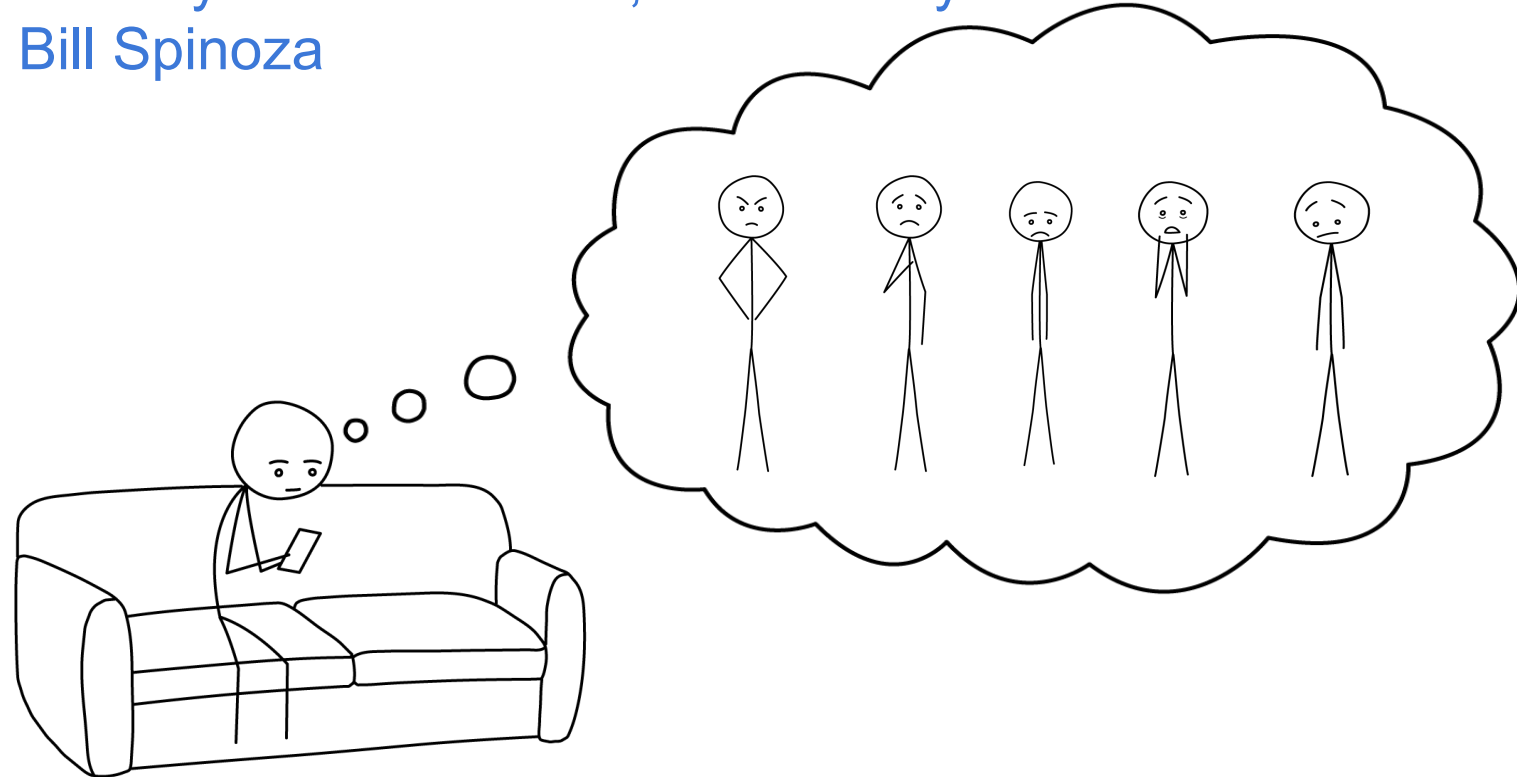
Suppress

Disconnect



What if I choose not to “be with” my feelings?

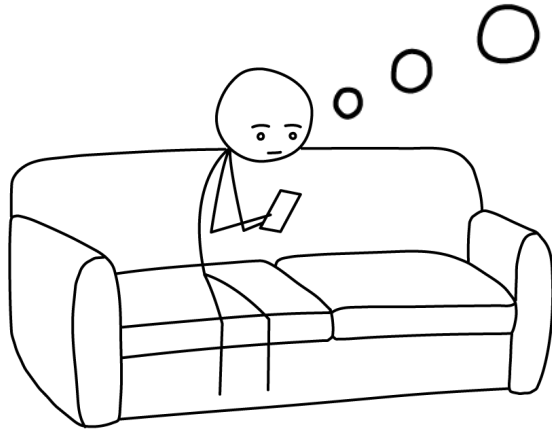
“What you can’t be with, will not let you be”
Bill Spinoza



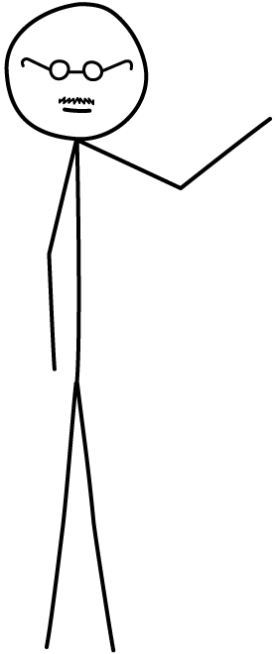
What if I choose not to “be with” my feelings?

**Rumination-Sleeplessness-Reliving
trauma-Replaying conflict-Passive
aggression-Rage-Circular thinking
Scrambled thoughts-Inability to
concentrate-Physical symptoms**

Continually living in the past or the future



Why would you put yourself through this?



“The word 'happy' would lose its meaning if it were not balanced by sadness.”

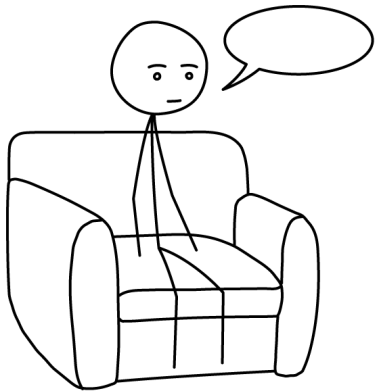
Carl Jung

Greater connectivity to the present moment

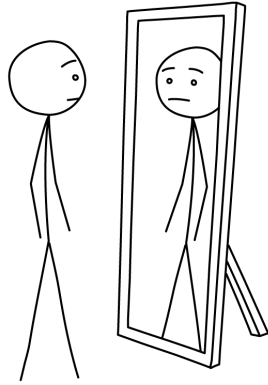
Choice



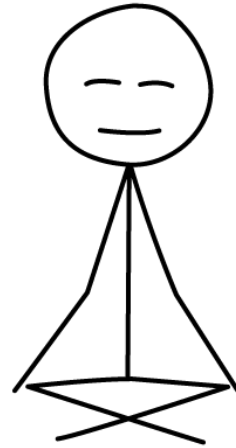
Ways of being with your feelings



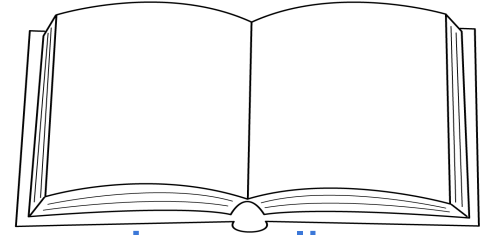
Counselling



Daily self
check in



Meditation



Journaling



My Internal World

Individual gets-

130 question in depth
assessment- every 28
days

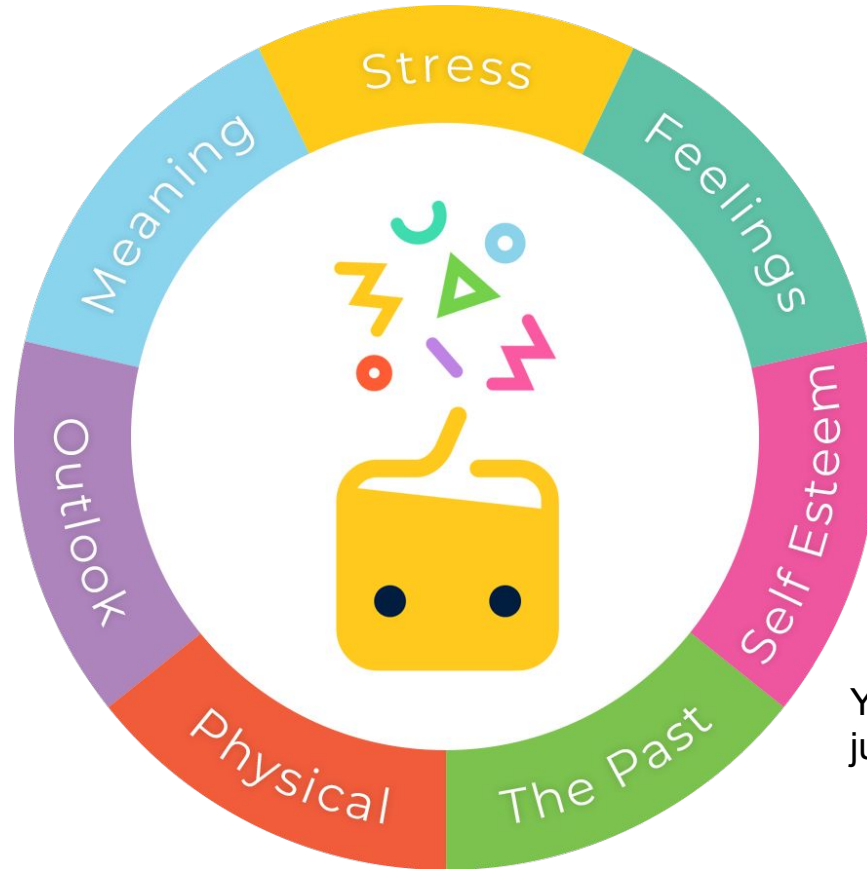
Personalised Report

8 Development
pathways

40 plus video tutorials

Proven strategies and
tactics

And more



The employer gets -

Anonymised data

Informed wellbeing
decisions

Healthy, engaged,
productive teams

You can get a free pass - contact
julian@calmpeople.co.uk



Thank you for Listening and please feel free to connect



@TheCalmPeople
@myinternalworld



Julian Hall



@TheCalmPeople
@myinternalworld

