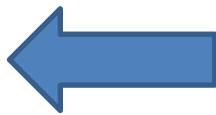




Taking and Setting Your Emotional Blood Pressure

**Think/Feel
Action**



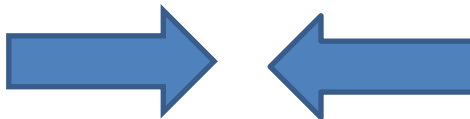
Emotional Distress Distance
or
Emotional Hypertension



When our thoughts and feelings are out of synch with the action we are taking to respect or support them then emotional stability or 'homeostasis' is compromised. I refer to this as our emotional *blood pressure*. Our emotional regulating system, like every other system in the body, has a desired 'set point' for optimal functioning. When that set point is volatile or stressed then other compensatory mechanisms develop to cope with the dysregulation. Over time any stressed system breaks down in response to extreme overload. Just as the heart eventually registers prolonged stress by decreasing function so too does the emotional and psychological system. The longer the stress and the heavier the burden the greater the degree of impact so that even individuals who *appear to be functioning* can be at the low end of their capacity to cope. In addition, compensatory mechanisms designed to offset loss ***do not*** heal injury. Healing injury requires identifying and eradicating the source of the wound and developing therapeutically effective approaches to restoring health. And, because all of our body systems, including our emotional regulating system, are interconnected and interdependent and are experienced in the body as physiology, (remind of yourself of what it feels like to be afraid), effective restoration should include mental, emotional, physical/physiological, and spiritual techniques and practice. There is increasingly more evidence to support integrative approaches to physical, mental, and emotional wounding including: mindfulness meditation, restorative yoga, creative therapies (including music, art, writing), and connection to nature. Being able to experience oneself across the brain-body interface i.e. as thinkers ***and*** feelers is critical to living in the truth of your story and your circumstances. Achieving a steady emotional blood pressure is ***not*** about changing the script to fit and sound like what you want, it is about respecting the reality of what has happened so that you can take action that restores your ability to live your best in that reality.

Think/Feel

Action



Emotional Homeostasis

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