

A Toolbox for Mastering Emotions



My name is Angela Legh, creator of A Toolbox for Mastering Emotions. I've been working with parents and their children to achieve magical lives . . . one way is to help them embrace and implement tools that help them embrace emotional wellness.

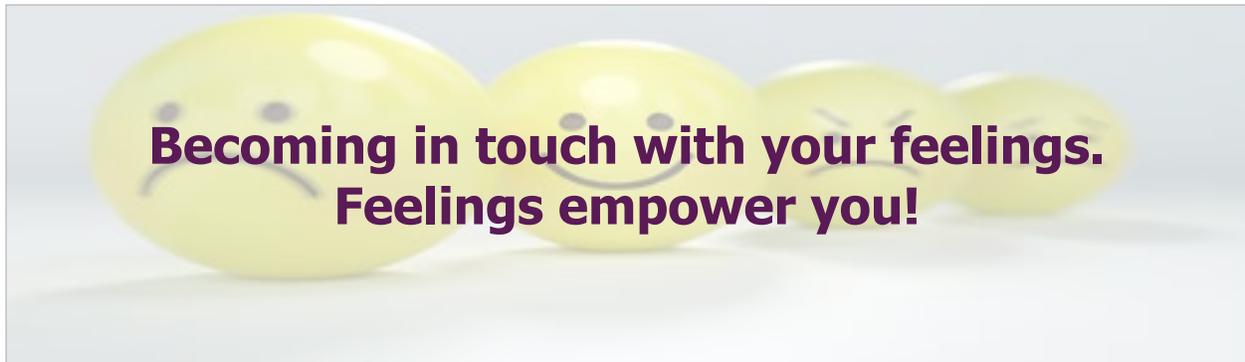
The old model of, "There, there, Don't cry," teaches children to deny their emotions, an old paradigm that creates emotional harm.

When you play in the model of embracing emotions and being present as a witness to your feelings, your feelings flow and are easily dissipated.

I learned from my childhood that nobody dies from facing their painful feelings, but many die from chosen methods of avoiding painful feelings. What lies underneath substance abuse, self-harming behaviors, and suicide, are painful feelings the person is trying to escape. By giving them tools to manage their feelings, individuals are empowered to choose behaviors that support them

rather than destroy them.

When you play in the realm of emotional mastery, you open up new possibilities for solutions to problems that have plagued you in the past. The strategies in this document, are effective, empowering, and elevating.



Specific tools and techniques which have the potential to help you and your child manage emotional balance are included in this document. I know these tools work . . . they've proven to be invaluable for me in overcoming adversity. These practices can be of value for you and your child. While I offer these knowing they can help your child, I advise you to work with a mental health professional and use these tools under their advisement.

This guide is broken down into Physical, Mental, Emotional, and Energetic tools. It is helpful to choose from all the categories, as we are whole people, not just a physical body or an emotional being. A holistic approach may help your child overcome their adversity more quickly.

Physical Tools

Our physical body is an amazing and intricate machine that has not been able to be reproduced by science. Taking care of your body will help you stay well and healthy. Much has been said about proper sleep, moderate exercise, and eating right. There are other aspects of physical health which are not often spoken about. This guide will walk you through several tools for better physical health.

Mental and Emotional Tools

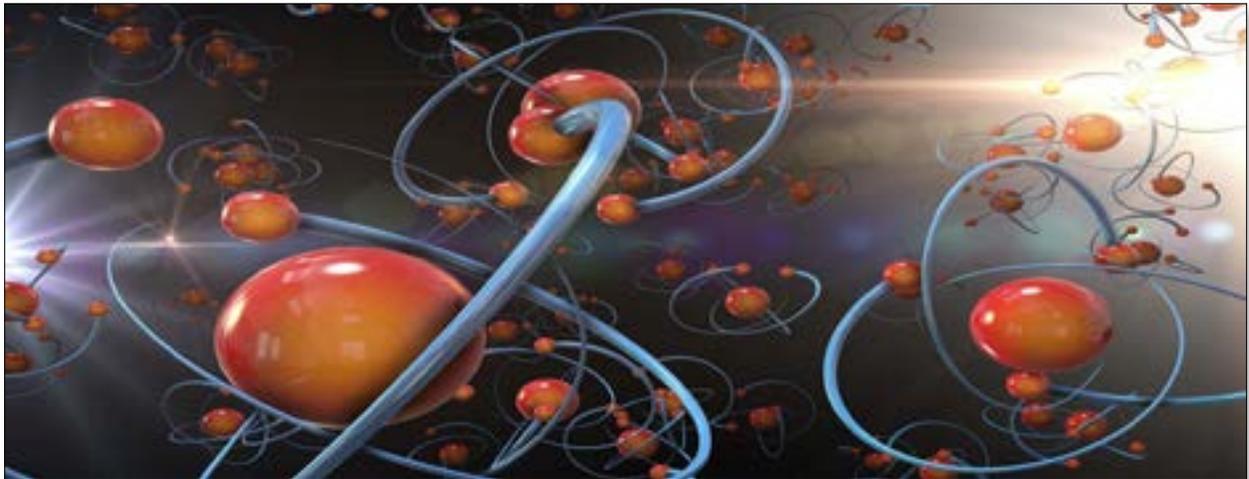
Many societies have promoted the repression of emotions, such as Great Britain with its viewpoint of "Keep Calm and Carry On." The phrase first appeared on a motivational poster produced by the British government in 1939, in preparation for World War II. The poster was intended to raise the morale of the British public, which was threatened with widely predicted mass air attacks on major cities. This call for persistence in the face of adversity was much needed at the time. However, the psyche of the British citizenry was negatively impacted as generations were encouraged to repress their emotions.

Emotions are energy . . . they give us information about our circumstances. Emotions are important; to deny an emotion is to reject a part of who you are. Many people reject painful emotions because they were not equipped to deal with the pain. Unfortunately, this avoidance of a painful emotion can lead to highly destructive behavior patterns, such as seeking an escape through alcohol, drugs, or other unhealthy activities.

Energetic Tools

Energy tools are not considered to be a mainstream approach to health management unless you live in a society which has a history of energy medicine. Yet there are valuable tools available if we simply open our minds to the possibilities.

To demonstrate we are made of energy, try this imaginative exercise: Imagine looking into the palm of your hand and seeing the matrix of cells which create your body. First, you see the skin. Now imagine you shrink down so you are looking into one skin cell. Once you are inside the cell, imagine you can shrink down to see the molecules. Once you are inside the molecule, imagine the sub-atomic energy clouds of neutrons, protons, and electrons, which make up the molecule. When your focused attention sees the elements of your hand from this perspective, you'll notice the electrons whizzing past resemble a tiny solar system, right inside your cells. Your body is an elegant, complex machine, the molecules and cells knitted together through electronic attraction. Tools for managing your energy are an essential part of managing your emotional balance and well-being.



The strategies you will learn here . . .

Deep Breathing Techniques

Deep breathing stimulates the vagus nerve which reduces the “fight or flight” response.

Feeling from a space of neutrality

When you can witness your feelings from a space of neutrality, you gain freedom.

Shifting Perspectives

“We don’t see the world as it is, we see it as we are.”

Calming the Inner Critic

If we make a mistake, we are quick to issue self-recrimination.

The Rose Tool

The rose can be used to eliminate negative energy.

These are but five segments from the list of tools provided in this guide. This is only the beginning . . . more in depth instruction is available through my on-line course.

When you make the decision to invest in yourself and your future, you’ll receive access to the on-line course *Live! Love! Laugh!* You’ll also receive an activity guide to accompany the course.

Bringing even these five segments into your life, into your responses, into your relationships, has the potential to increase your emotional wellness, so you can teach and model this empowering behavior for your family.

For additional information, feel free to chat: https://calendly.com/angela_avery/30min

Deep Breathing

Deep breathing stimulates the vagus nerve which reduces the “fight or flight” response. Regular breathing exercises can improve focus and concentration.

Basic deep breathing: Teach your child to place their hands on their belly, take a deep breath in through their nose, watching their hands rise as they breathe into their belly. Slowly exhale through their mouth, and watch their hands return as their belly deflates. Repeat until your child feels calm.

There are several breathing exercises known to calm. The first one is six-seven-eight breath. For younger kids, you can teach them four-five-six breath model, eventually expanding as they age to the full six-seven-eight breathing pattern.

Lay or sit down, close your eyes. Breathe in deeply through your nose for the count of six seconds, counting in your head at an even pace. Hold your breath for seven seconds; then exhale through your mouth for eight seconds. You can, if you wish, make a whoosh sound as you exhale. Repeat this four to six times for best results. For young children, inhale for the count of four, hold for the count of five, and exhale for the count of six.

Another breathing pattern is box breathing. Lay or sit down; close your eyes. Breathe in deeply through your nose for the count of four, hold for the count of four, exhale through your mouth for the count of four and hold for the count of four. Repeat for 30 to 60 seconds.



Feeling from a space of neutrality

Unless your mind holds on to an emotion, or created resistance to the feeling, emotions are transient. In either situation, the feeling is prolonged because of your mind's entanglement in the idea, or concept of the feeling. It is when we witness our feelings from a space of neutrality that we gain freedom from the reactionary processes of our mind.

Science has measured the chemical process of emotions. If our mind doesn't engage, an emotion will last about 90 seconds. Anything beyond that and you are in the concept of the emotion. Getting your mind out of your emotional processing is a skill that benefits everyone. It provides you with the choice of engaging or witnessing an emotion.

To experience an emotion from the space of neutrality is a three-step process: Feel the feeling, notice where it shows up in your space; be aware of the qualities of the feeling. Name the feeling, acknowledging its presence. Allow the feeling, understanding it is perfectly OK for you to feel that feeling. If you approach your feelings with this technique, feel, name, allow, you will find you are no longer a prisoner of your emotions.

It is important for you to teach your children that their emotions are acceptable and natural. This opens them up to the ability to express what is true for them. This simple teaching has the power to change the path of for you and for humanity—the fear of feeling painful feelings has engendered much pain in this world.



Perspective shifts

One of my favorite sayings is from the Talmud: "We don't see the world as it is, we see it as we are." This may be a hard pill to swallow for some, but when we have the understanding that this statement is true for everyone in our life, it sometimes makes it easier to embrace. I find this tool for shifting perspective to be very valuable when we are considering the critical statements we absorb from others.

I will illustrate a process that I have found to have a profound impact on my life. When I was young, I was told by my alcoholic father that I wasn't worth the dirt under my feet. At the time, I absorbed that criticism and made it a truth about me. But now, I can look back on it and see a drunk father, looming over his four-year-old daughter, spouting vitriol and criticism. From this perspective, it is very clear that the words he used, and his actions, said much more about who he was than they ever said about me.

Often, when we let go of our narrow perspective and look from above, we can see that the people criticizing us were looking through their own limitations and their own perspectives. What they said may be true for them, but we do not have to make it true for us.

When feeling boxed in it helps to seek an additional perspective. Each issue has at least two sides, from two different people, each carrying their own perspectives. When we can open our hearts and shift to see the issue from the perspective of the other person, we can see the issue in its wholeness.



Calming the inner critic

We are our own worst enemy. All it takes is for us to look in the mirror, and we begin to catalogue all that is wrong with us. According to *Allure Magazine*, women self-criticize themselves eight times a day. We can blame society, for stuffing us full of false ideas of what is beautiful. However, we must take responsibility for our own thoughts

If we make a mistake, we are often quick to issue self-recrimination. For this we can blame schools for their failure to teach us that mistakes are a source of information; a step on the way to achieving what we want. If we didn't see our mistakes as a failure, but as a gift for learning, we wouldn't be so quick to blame ourselves. In fact, we might celebrate our mistakes, because each one gets us closer to our prize.

Five steps, adapted from an article by Robert Leahy, Ph.D., can teach your child to calm their inner critic include:

1. Realize you are human, and as a human, you are in a training ground where you experience things to learn and grow. Even the horrific experiences in my life have taught me what I need to know to do the work I now do.
2. Talk to yourself as you would a total stranger. We were taught to be polite to strangers . . . we were not taught to be polite to ourselves! Treat yourself as you would a best friend, or, if you and your best friend joke and criticize each other, treat yourself as you would treat a stranger.
3. Make a list of your positives every time you consider a negative. Also, be open to the possibility that your negatives could turn out to be a positive.
4. Replace self-criticism with self-correction. Use curiosity to look at the situation and ask, "How can I learn from this?" Use this situation as an opportunity for introspection; an opportunity for shifting your perspective.
5. Focus on your goals and take control away from the inner critic. When your inner critic rears its head, you can tell it, "I know criticizing is your job, but I must go on with life." Then you move forward, even if the voice is cutting you down. With practice, you will find the voice of the inner critic become irrelevant.

The Rose Tool

The rose is a flower of the highest vibration, measured at 320 MHz. According to Logan Hollowell, "Roses remind us that we constantly are being reborn, blooming, and regenerating. They remind us of the mystery and beauty and constant unfolding of life." The rose is a sacred flower associated with angels and the vibration of love. In energy medicine, the rose can be used to eliminate negative energy.

Roses can be an energetic tool to help you to create boundaries; vacuum out energy from your field (aura) that doesn't serve you.

To create an energetic boundary . . .

Imagine a single rose of any color at arm's length in front of you. Add one on either side of you, add another one behind you, and one above and below you. The roses delineate your space and allow you to experience the situations in your life as a witness who has the choice of whether to engage in a situation or not.

Setting the roses in place can become a morning activity to prepare you for your day.

To remove unwanted energy . . .

If you were recently in a conflict and still feeling the energy of the situation, imagine a rose in front of you. Request the rose vacuum up any residual energy of the people with whom you were in conflict. Let the rose vacuum until you feel a sense of calm. Place the rose arm's length away from you and let it explode, sending the residual energy to the angels to be neutralized.



But Wait . . . There's More!

These are but five of the many tools available to manage your emotions and energy. For further exploration, my on-line course, Live! Love! Laugh! can help you get on the road to a magical life! This course is designed to connect you to your childlike wonder, open you to increased joy, and help you to navigate through life from a basis of emotional wellness.

What you'll get in this program . . .

Module One—The Basics: An introduction to the main concepts, with an overview of what each module contains. This necessary step gets you prepared to master each section as they arrive in your inbox.

Module Two—Curiosity: A five-day deep dive into the importance of curiosity. Curiosity is a basic building block to living a great life. It is not the number of questions you ask, it is the quality of your questions which can bring you into a space of well-being.

Module Three—Playfulness: Are you one of the too many people who left the essence of childhood . . . curiosity, playfulness, wonder . . . to be an adult? Were you ever told these qualities contribute to a magical life?

Module Four—Emotional Management: Having a neutral perspective on your emotions means you are not controlled by them. Here you'll learn how to feel and experience all your feelings, without judging them as good or bad.

Module Five—Perspectives: You may think the perspectives and views you have of the world are your own. However, they were probably seeded by your parents, teachers, religious leaders, and myriad other authority figures you don't remember. This is the time to visit those perspectives and explore if they still serve you.

Module Six—Self-Trust: Self-Trust is something you probably don't think about, yet are quick to listen to your inner critic and judge yourself. When you have self-trust, you know you don't have all the answers, but can learn, and treat yourself with dignity and respect even when your choices aren't in your best interest. (We've all been there and done that!)

Module Seven—Self-Love: If there is one section of this program which is essential, it's this module on self-love. Self-love is an essential component of living an extraordinary life. Without self-love, the choices you make can be harmful, and you may believe criticism and judgment you don't deserve.

Bonus Sessions:

Janet Caliri on the benefits of Curiosity

Dr. Richard Kaye with Angela Legh on becoming comfortable with Uncertainty

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