



## CHOOSE to Feel Good – Five Choices You Can Make to Improve How You Feel

By Dean Savoca

We all want to feel good, but sometimes we tend to blame others or factors outside ourselves for our emotional well-being. Just as we build muscle to strengthen ourselves physically, we can build our emotional muscle as well.

Here are five choices you can make today to improve your emotional wellness:

### 1. Choose your EMOTIONAL STATE

**Emotions are a choice.** Have you ever been in a heated discussion and the phone rings? You quickly change your emotional state and say, “good morning” in a cheerful voice. You *can* control your emotions. Take responsibility by believing you are 100% responsible for your emotions. If you are 90% committed to something, you are leaving other options open and still have to think about it. When you’re 100% committed, you don’t have to think about it. Experience emotional wellness by taking 100% responsibility for your emotional state.

### 2. Choose your PHYSIOLOGY

**Motion creates emotion.** Managing your physiology is about how we choose to move our bodies, use facial expressions and breathe. These choices affect how we feel. Do you smile or take deep breaths to calm yourself before you pick up the phone? Remember the time that you didn’t feel like exercising but decided to start moving your body and after a minute or two, you decided to finish the workout? For most people, standing up straight, chest out, head up and taking deep breaths makes them feel more confident. Think of your favorite pro athlete – he or she has a winning physiology – a walk, a stance, a move - which helps with their winning psychology. Experience emotional wellness by managing your physiology.

### 3. Choose your BELIEFS

**What we believe, we feel.** Our brains are hit with millions of bits of information every day, but only a small portion comes into our awareness. One way we filter this information is by only allowing evidence that supports our beliefs into our awareness, and often, these can be false beliefs. Whether we believe people are loving, or people are selfish, we will find evidence that supports that particular belief. Our emotional wellness is based on which beliefs we choose to hold. Choose beliefs that make you feel good. Imagine believing people do the best they can with what they have, and that everything happens for a reason. These beliefs may not be true 100% of the time, but neither are the negative beliefs we fill our brains with, such as, “I’m not good enough”, or “I don’t know enough.” Experience emotional wellness by choosing empowering beliefs.

### 4. Choose your MEANING

**Meaning creates emotion.** The meaning we give to what we experience creates our reality and determines how we feel. Our perception of reality becomes our emotional reality. Our meaning is created by the language we use to describe our experience. We have a much different emotional response to “they shared some information that I didn’t want them to share,” versus “they stabbed me in the back!” You can build your emotional wellness muscle by choosing the meaning you are giving to your experience. Practice asking yourself, what is a different perspective in which to see this situation? Experience emotional wellness by choosing meaning that helps you feel good.

#### 4. Choose ACTION

**Taking action creates momentum.** Momentum leads to results that help us feel good emotionally. Often one of the best tools to feeling good is *doing* something versus just *thinking* about it. Negative emotions are often created by thinking or worrying versus taking the actions necessary to change our situation. This is the basic principle of taking one step at a time. One of the quickest ways out of a negative emotional state is to stop thinking and start acting. Experience emotional wellness by taking action that helps you feel good.

*Choose to feel good.* Select one of these five choices and start building your emotional muscle today.



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