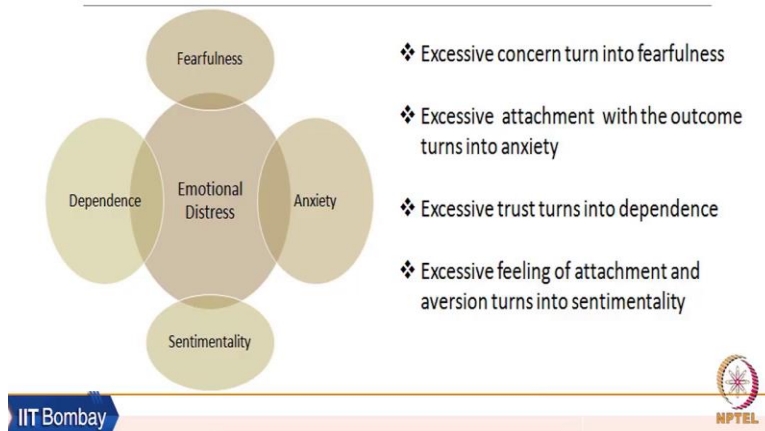


Yoga and Positive Psychology for Managing Career and Life
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Yogic Intervention for Managing Emotions
Lecture - 89
Dealing with Negative Emotions

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Dealing with Unpleasant Emotions in Yogic Way



We look at the four emotions which result into unpleasantness or which result into lack of energy. If we look at fearfulness or all four these when they happened when they became part of human self. These emotions had some purpose these are not useless emotions, but when we overplay on these when these become more prominent in the personality that result into emotional distress.

So, evolutionarily speaking we have to have concern about what is happening in the environment we need to be. We need to be alert about it that was the function, but when this alertness became excessive when this concern became excessive it becomes fearfulness and that fearfulness becomes dysfunctional.

Excessive attachment with the outcome we all are goal directed beings we all have to achieve something in life we work best when we have some objective in life, but when we are too attached

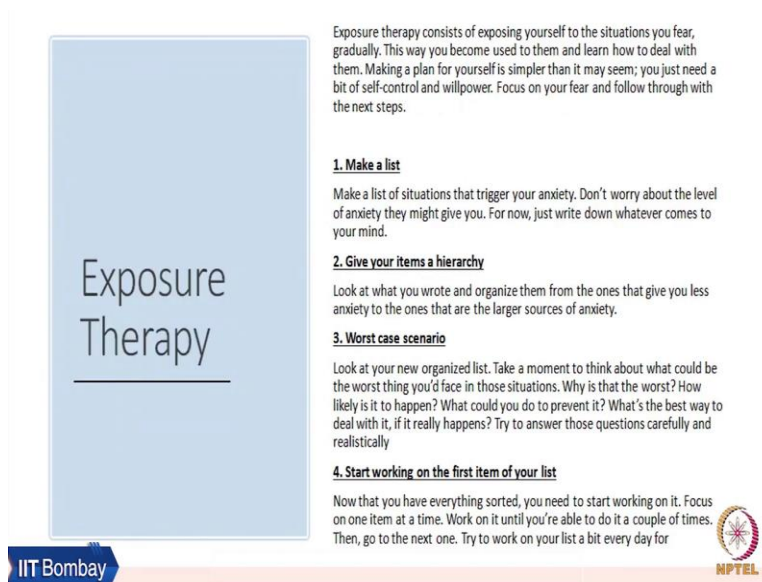
to the outcome of the activity. We think much more about the outcome rather than enjoying the process and remaining connected with the process that is that state is called anxiety.

Anxiety meaning, we are too attached and want to look at the outcome of effort more immediately earlier than a process can happen and process can allow the outcome to appear front of us. Similarly, we could find (Refer Time: 02:10) or community because they were able to trust each other. They were able to develop that complementary relationship with each other, when this trust became excessive and result into dependence it becomes cause of emotional distress that is another form of emotionality.

Similarly, we were able to live in our family or community because we build relationship, we have sense of attachment with each other that is how friendships appear that is how relationship are built, but when we are too attached to some people certain things, certain situations, certain places that too much of attachment makes a sentimental about those. And too much attachment become sentiment makes a sentimental too much aversion also becomes sentimental.

So, we can see that there are some rudimentary emotions which are important, but when these are overplayed when they become much more than what is required to remain functional. They take the shape of emotional distress, fearfulness, anxiety, sentimentality dependence are those kind of emotions.

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Exposure therapy consists of exposing yourself to the situations you fear, gradually. This way you become used to them and learn how to deal with them. Making a plan for yourself is simpler than it may seem; you just need a bit of self-control and willpower. Focus on your fear and follow through with the next steps.

1. Make a list
Make a list of situations that trigger your anxiety. Don't worry about the level of anxiety they might give you. For now, just write down whatever comes to your mind.

2. Give your items a hierarchy
Look at what you wrote and organize them from the ones that give you less anxiety to the ones that are the larger sources of anxiety.

3. Worst case scenario
Look at your new organized list. Take a moment to think about what could be the worst thing you'd face in those situations. Why is that the worst? How likely is it to happen? What could you do to prevent it? What's the best way to deal with it, if it really happens? Try to answer those questions carefully and realistically.

4. Start working on the first item of your list
Now that you have everything sorted, you need to start working on it. Focus on one item at a time. Work on it until you're able to do it a couple of times. Then, go to the next one. Try to work on your list a bit every day for

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How you can help in managing these emotions managing negative emotions. There are different ways of managing these emotions some of the examples we are going to look at. 1 is exposure therapy exposure therapy is prominently useful in anxiety and to some extent sentimentality what we do in the exposure therapy.

We make the list of situation, which trigger anxiety then we need not to worry about the level of anxiety when we are preparing the list, but we need to continue to work on that list and give the hierarchy. Look at what you wrote and organize them and once that gives you less anxiety to the ones that are the larger source of anxiety.

So, there are something which give you more anxiety than others you look at you start addressing things, which give lesser anxiety. So, you can be little relaxed about those things. Then you think about the worst scenario look at your new organized list take the moment to think about what could be the worst thing you would have faced in those situations.

Why is that worst how likely it is to happen what could you do could you do to prevent it what is the best way to deal with it. If it really happens and try to answer these questions in that process, we become more cognitive we become more aware of the situation. And then we can start working on these items one by one that is the exposure therapy that is very useful in managing anxiety.

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Grounding and Centering of Senses

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.

- 5) What are 5 things you can see?
 - Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.
- 4) What are 4 things you can feel?
 - Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.
- 3) What are 3 things you can hear?
 - Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.
- 2) What are 2 things you can smell?
 - Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.
- 1) What is 1 thing you can taste?
 - You can carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

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There are methods which can be helpful to for the grounding and centering and these are useful for managing, managing sentimentality as well as managing dependence. What do we do in that what are the five things you can see that is the way to distract ourselves that is the way to take away our access to emotional investment in one situation to another.

What are the four things you can feel what are the three things you can hear, what are the two things you can smell, what is one thing you can taste. By this technique called 5 4 3 2 1 technique, you can purposefully take in the details of your surrounding using each of your senses.

And strive to notice small details that your mind would usually tune out such as distant sound or a texture of the ordinary object. When we do that, our mind is taken away our thoughts and emotions are taken away from the things, which makes us anxious which makes us sentimental which makes us dependent on something and that creates a self-space.

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Focus on the Basics – Self Care


When are basic emotional needs are neglected, it can perpetuate a vicious cycle of sentimentality where you are unduly emotionally affected by other individuals or external states

It is time to turn the focus on yourself and determine what your basic needs are that can be fulfilled

List down your needs around

- Eating well and healthily
- Sleeping well and for enough time
- Exercising on schedule

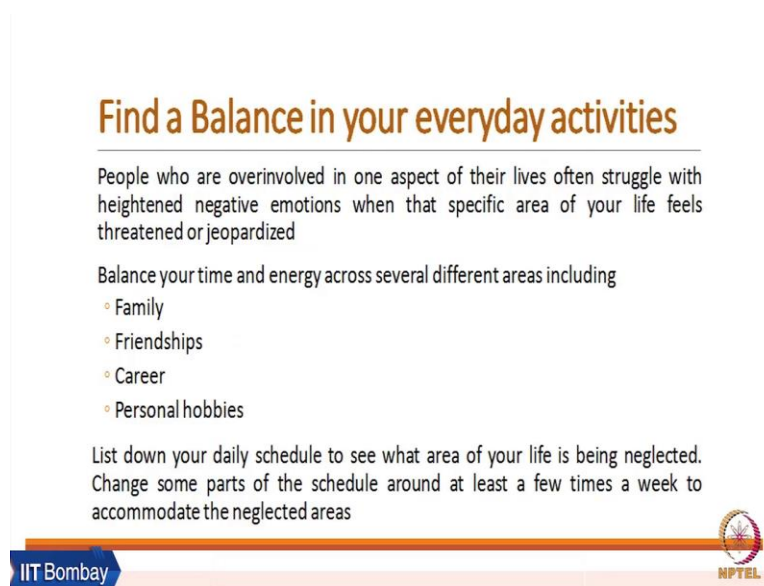
Set a plan in motion for doing these on an everyday basis and then work towards tracking the progress you have made

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In order to decrease the dependence when the basic and particularly sentimentality the one method is self-care when the basic emotional needs are neglected. It can perpetuate a vicious cycle of sentimentality where; you are unduly emotionally attached by other individuals or external states.

So, it is time to turn focus on yourself and determine what your basic needs are that can be fulfilled. So, list down the basic needs eating well, living healthily, sleeping well enough sleeping for enough time, exercising scheduling.

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Find a Balance in your everyday activities

People who are overinvolved in one aspect of their lives often struggle with heightened negative emotions when that specific area of your life feels threatened or jeopardized

Balance your time and energy across several different areas including

- Family
- Friendships
- Career
- Personal hobbies

List down your daily schedule to see what area of your life is being neglected. Change some parts of the schedule around at least a few times a week to accommodate the neglected areas

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We also need to look at who are the people in our circle listing down the family, friendship, career, personal hobby these all are the different domains in which we experience life sentimentality happens when we emphasize too much on one or two domains.

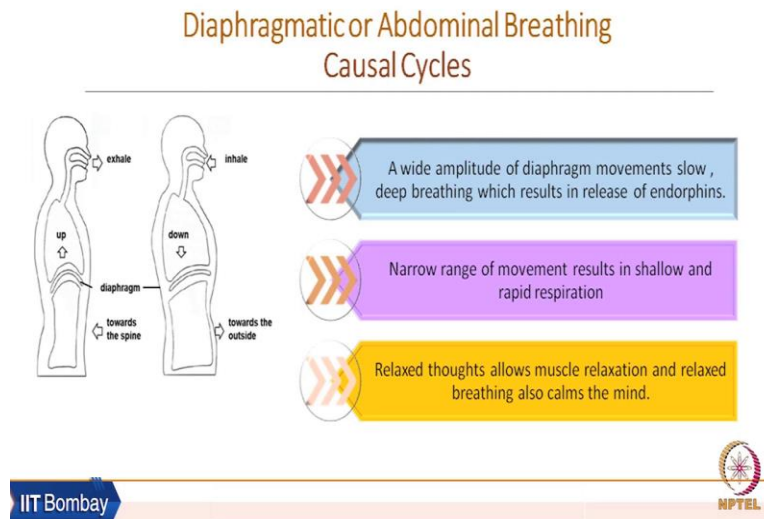
When we write down these things when we write down multiple domains which are equally important for our well-being, we realize that, which are the domain we are giving disproportionately higher time and which are the domains which we are neglecting once we identify those domains which we are neglecting we need to give more time and energy to that and that naturally result into decrease in sentimentality and dependence.

If you look at all these methods all these method require our mind to get little disconnected from the ongoing perpetual or cyclical ways of thinking. Because there is cyclicity there is a perpetualness of the similar thoughts again occurring again and again. We keep experiencing deeper level of anxiety or dependence or sentimentality.

Yog helps us to break that cycle one very simple method when I am experiencing anxiety or any of these emotional distress very clearly the best method is to start doing abdominal breathing we discussed abdominal breathing in the pranayam chapter. So, what happens? We when we breathe

through the stomach you can keep your hand on navel and focus on that part. And then while breathing keep the focus over there we will naturally start abdominal breathing.

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In the abdominal breathing our lungs get more space to expand as a result we can absorb more oxygen our the narrowness of our breathing. Actually, causes emotional distress by doing abdominal breathing we are prolonging our breath we are also allowing lungs to absorb more oxygen.

Relaxed lungs actually relax heart relax brain and that result into relaxed thoughts and that result into muscle relaxation. So, our 3 minute abdominal breathing or 5 minute be very helpful to come out of any negative episodes of anxiety sentimentality dependence, etcetera.

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A Protocol

The practices include the following:

1. Unfreezing through reverberation and shaking of the body and body tapping: 3 min
2. Asanas: Vrikshasana (tree pose), Pada-Hasthasana (hand to feet pose) and Trikonasana (triangle pose): 3 min
3. Pranayama: 12–14 min
 - a. Ujjayi Pranayam (8–10 slow deep long inhalations and exhalations through the throat)
 - b. High-frequency yoga breathing (HFYB; KapalBhati): 3×48 high -frequency exhalations
 - c. Alternate nostril breathing (Anulom-Vilom): 5 min
 - d. Breathing with humming (Bhramari): 5 rounds
4. Samatha Meditation: body scan and sitting meditation (bringing back focus of attention to the breath): 5–6 min; Body Scan involves practicing body awareness and sitting meditation comprises of the awareness of body sensations of breathing, thoughts, and emotions while continually bringing back the focus of attention to the

Dagar, C., Pandey, A., & Navare, A. (2020). How yoga-based practices build altruistic behavior? Examining the role of subjective vitality, self-transcendence, and psychological capital. *Journal of Business Ethics*, 166.

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We have identified a protocol drawn from the ministry of AYUSH master protocol which is being released and which is freely available on the YouTube. We can look at the ministry of AYUSH protocol.

Out of that we have drawn this 25 minute process and lot of research studies are being conducted using this protocol, which starts with unfreezing through reverberation shaking the body. And body tapping for 3 minutes, which is combination of asanas, vrikshasan pada hasthasan and trikonasana that can be done for 3 minutes.

These are the processes designed which can be carried out in the school colleges and offices. So, that is why we have not included sarvangasan or asanas, which require supine posture in this protocol this is just to have some sense of relaxation and regain emotional balance that is followed by pranayam.

So, in the pranayam section we recommend 4 pranayam ujjayi high frequency yoga breathing, which is called kapalabhati alternate nostril breathing which is anulom vilom and breathing with humming that is called bhramari. So, a specific time and the cycle and the frequency is mentioned here we can follow that and that can be followed by samatha meditation that is body scan and sitting meditation.

How it is done it is done by bringing back focus of attention to breath. And then we start the body scan body scan can start from the right leg from the big toe then the attention can come to the ankle to knee to thigh. Then we can shift our attention to the left leg starting from big toe to the smaller toes one by one then ankle then the left knee, left thigh, gonad stomach, chest.

Gradually we can take our attention from chest to the shoulder right shoulder, left shoulder neck head we can take attention to the breath with the attention to the breath we can take our attention to the stomach. And the movement going on in the stomach with breathing this simple meditation for about 7-8 minutes it is a basically a relaxation process complete this 25 minutes protocol.

We have found that if this much is done at least this much is done for even 7 or 8 weeks we can experience a clear shift in many outcomes like psychological capital more engaged living more positive emotions etcetera. So, in this section we looked at how negative emotions can be managed through the yogic practices.

In the next part we are going to look at how to inculcate positive emotions and what are the different positive emotions can be inculcated with the yoga based practices, which is the real essence of managing manomaya kosh.

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Impact of Yoga on Emotions: Findings in Bioscience

Yoga has a positive impact on the happy hormones, i.e. it increases the level of



- ❖ **endorphins** that improved response to stress (Tolahunase, Sagar & Dada, 2017),
- ❖ **Gamma-aminobutyric acid (GABA)** that has calming effect (Streeter et al., 2007; Streeter et al., 2010),
- ❖ **serotonin** that decreases anxiety (Lim & Cheong, 2015; Pal, Singh, Chatterjee & Saha, 2014), and
- ❖ **dopamine** that is also known as 'feel-good' hormone (Pal, Singh, Chatterjee & Saha, 2014).

Before we talk about the psychological mechanism which is the main part of the session, we can recall what is the bioscience related findings about managing emotions through yog and what we have discussed earlier as well. This is a kind of a recap that yog has positive impact on many happy hormones which in which is which means the increased levels of endor serotonin and dopamine.

Endorphin it improves the response to stress and that is found to be released more with the yogic practices, gaba is the gamma aminobutyric acid. And that has a very important role in generating calming effect in our day-to-day experience gaba is also found to be in getting secreted more with the yoga based practices.

Serotonin very important to decrease anxiety for the restful sleep dopamine is again a feel-good hormone these both are found to be getting more secretion with the yoga based practices. And yog helps in balancing the release of these biomarkers these specific hormones and that results into a emotional balance. In the next session we are going to look at what all are the psychological mechanisms through, which yog helps us to gain emotional balance.