

**Balancing
your emotions
in an unbalanced
world**

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TED Devotional Webinar

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**Transforming
emotions**

- ▶ Paul was in jail.
- ▶ He was awaiting execution.
- ▶ Yet his letter to his friends in Philippi was full of joy...




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Paul's positive approach to life – Phil 4

Praise	Praise God and be happy that He loves you
Prayer	Pray and give all your worries to God
Thanks	Be thankful in all circumstances
Peace	Experience God's peace - through the wonder of nature etc.
Kindness	Be kind and gentle with everyone
Focus	Think about good, healthy and positive things

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**What are
emotions?**

Emotions are invitations to connect with others
(Romans 12:15 – be happy with those who are happy
and be sad with those who are sad.)

Emotions are our natural responses to living in a world
that has chaos and pain, as well as beauty, love and
joy.

Emotions are information signals from our body to
help us respond appropriately to our experiences.

Some of these ideas are from 'Positivity' by Barbara
Fredrickson, who studies healthy psychology.

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Negative and Positive Emotions

Negative emotions are not bad emotions. They are the feelings that drain us.

Positive emotions are the feelings that fill us up and help us to flourish.

Our emotions, in themselves, are not good or bad. Don't shame others for their emotions

We can choose how we respond to our feelings, even when we are in difficult circumstances (Philippians 4).

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Like a sailboat

- ▶ Life has its ups and downs, like the waves on the ocean.
- ▶ Negative emotions are like heavy weights in the boat, which cause it to slow down or sink.
- ▶ Positive emotions are like the wind in the sails which help the boat to have a smooth and enjoyable ride over the waves.



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Why are positive emotions so important?

Positive emotions broaden our minds

Positive emotions help us recover from stressful situations

Positive emotions help to build resilience and strengthen us to face challenges

Positive emotions help us to be loving and loveable people.

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Emotional balance

Why is emotional balance important?



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Emotional balance

- ▶ Most people have a 2:1 ratio of positive to negative emotions.
- ▶ We usually have much better emotional health when the ratio is at least 3:1.
- ▶ See www.positivityratio.com



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Negative emotions

Anger	Frustration
Contempt	Guilt
Disgust	Sadness
Embarrassment	Shame
Fear	Stress



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Anger

Feeling displeasure, hostility or antagonism towards someone or something.

- ▶ Help by listening calmly and showing that you want to understand.
- ▶ Help others to look for win/win solutions.



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Contempt

Feeling very disrespectful towards someone or something, having a bitter sense of superiority.

- ▶ Look for strengths in others.
- ▶ Show people respect and compassion.
- ▶ We are all beloved children of God made in His image.

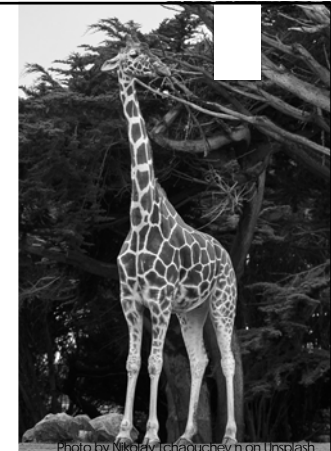



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Disgust

A feeling of being revolted by something or someone that sounds, feels, looks, tastes or smells horrible.

- ▶ Disgust helps us to stay away from potential toxins and dangers.
- ▶ But in severe cases it can lead to OCD.

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Embarrassment

A feeling of shame when something you did wrongly or badly is made public.

- ▶ Comfort and support people who have been embarrassed.
- ▶ Don't add to their shame on social media – build others up kindly.
- ▶ Talk about the things that they have done well.
- ▶ Do something to make them feel special.




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Fear

A feeling of anxiety about a real, possible or probable situation that you feel unable to handle well.

- ▶ Our fears are often based on traumatic past experiences.
- ▶ Don't shame or tease people because of their fears.
- ▶ Help them to feel safe – perfect love casts out fear.





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Frustration

A feeling of irritation when it takes longer to reach your goals than you expected, or when someone is critical of you when you are trying your best.

- ▶ Take a deep breath
- ▶ Look for alternative solutions
- ▶ Ask for help.



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Guilt

Feeling remorseful, sad and responsible when you think you have done something wrong or hurt someone.

- ▶ Put things right quickly – on the same day if possible.
- ▶ Apologise, do something kind for the other person, help repair what was broken, etc.



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Sadness

Feeling a sense of loss or feeling disadvantaged, helpless, alone, or misunderstood.

- ▶ Listen.
- ▶ Comfort – be sad with those who are sad (Rom 12:15).
- ▶ Don't shame people who are sad, or ignore them, or make them feel sadder.



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Shame

Feeling inadequate or guilty, usually because others have made us feel inadequate or guilty.

- ▶ Cherish and honour others.
- ▶ Don't shame them – bless them like Jesus did.
- ▶ If others try to shame them, remind them of their worth in God's eyes and yours.



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Stress

Feeling that you're being asked to do more than you can manage, and maybe, if you don't work hard enough, you'll be seen as a failure.

- ▶ Organise your workload and make clear plans.
- ▶ Reduce your stress so you can focus and flourish.
- ▶ Ask for help.
- ▶ Learn how to say no kindly if you are asked to do more than you can manage comfortably.



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Healthy Happy Emotions

What are the top ten positive emotions that help us to flourish in life?



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10 most common positive emotions

Fun	Gratitude	Inspiration	Joy	Serenity
Hope	Interest	Feeling valued	Awe and wonder	Love

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Fun, amusement and laughter

Laughing and smiling at something unexpected, unusual and safe. Laughing with others and not at others

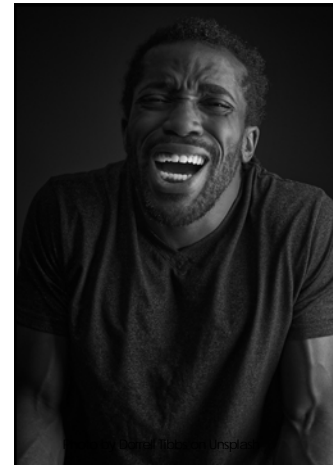
A cheerful heart is good medicine.
Prov. 17:22 NIV



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Fun, amusement and laughter

- ▶ Describe something funny that happened to you.
- ▶ Watch a funny movie.
- ▶ Share a funny picture/joke on your phone or on the internet.
- ▶ Tell each other what makes you laugh the most.



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Awe and Wonder

A sense of wonder about something beautiful in nature or in another person.

How many are your works, LORD!
In wisdom you made them all; the
earth is full of your creatures.
Psalm 104:24 NIV



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Awe and Wonder

- ▶ Slow down and really look at the wonders of nature around you.
- ▶ Look at the stars and the sky.
- ▶ Look for details you haven't noticed before.
- ▶ Be amazed at your own hand or eyes, etc.



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Thankfulness

Appreciation of something or someone who makes our life better, more comfortable or more enjoyable.

Give thanks in all circumstances.
1 Thess. 5:18. NIV

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Thankfulness

- ▶ Name something you are thankful for beginning with each letter of the alphabet, or each letter of your name.
- ▶ Start a gratitude diary.
- ▶ Walk along the street thanking God for one thing after another.
- ▶ Watch 'A Good Day' with Brother David Steindl-Rast

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Hope

The belief that things can and will change and improve.

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 NIV



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Hope

- ▶ Make sure that you always have something to look forward to.
- ▶ Make Sabbaths a delight.
- ▶ Plan fun times, celebrations and treats with family and friends.
- ▶ Look out for people who are discouraged and lonely and find ways to give them hope.



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Inspiration

Being inspired by God or spiritual insights. Recognising excellence in another person.

Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. Phil. 4:8 NIV



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Inspiration

- ▶ Think of a person in the Bible, in history, or in the world today who inspires you.
- ▶ Describe who they are and how they have inspired you.
- ▶ What else inspires you?
- ▶ How do you inspire other people?



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Interest

Being intrigued, fascinated or challenged by something new.

Having absorbing hobbies.

Proverbs 31 – the noble woman has many interests.



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Interest

- ▶ What are your favourite off-screen hobbies?
- ▶ What positive emotions do you experience when you are involved in these hobbies?
- ▶ What hobbies would you like to try that you have not had chance to try yet?



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Joy

A feeling of happy delight and freedom.

Rejoice in the Lord always. I will say it again: Rejoice!
Phil. 4:4 NIV.



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Joy

- ▶ What was one of your happiest moments in the past week, and what made it so happy?
- ▶ What do you do that brings joy to others?
- ▶ List 100 things that bring you joy.



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Healthy sense of purpose and value

Feeling that what you do is valued by others. Satisfaction in a job well done.

Whatever you do, work at it with all your heart, as working for the Lord, not for men. Col. 3:23, NIV.



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Healthy sense of purpose and value

- ▶ List three things that you did well each day (What Went Well – WWW).
- ▶ Reframe your 'mistakes' as amazing learning opportunities.
- ▶ Pass on the sense of purpose to others. Show that you value and appreciate people when they help you, or when they do a good job.



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Serenity

A feeling of peacefulness, stillness, calm and contentment.

And the peace of God...will guard your hearts and your minds in Christ Jesus. Phil. 4 6-7. NIV



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Serenity

- ▶ Find a space where you can be quiet and peaceful, and pray.
- ▶ Try bubble breathing.
- ▶ Know what helps to calm you down when you are stressed – a drink of cool water, smelling lavender and citrus, listening to soothing music, focussing on a Bible verse, etc.



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Love

A blend of many other positive emotions experienced within a warm, close, safe and caring relationship.

God is love...we love because He first loved us. 1 John 4:19

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Love is Kind

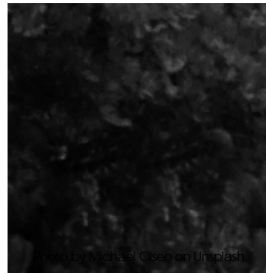
- ▶ Being kind to others is good for our emotional wellbeing – whenever we are kind to others we usually feel happier too.
- ▶ Being kind can be very effective in helping sad people to feel happier.
- ▶ Plan kind things to do together with your family or friends.



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It's a matter of perspective

We can focus on the dark and gloomy areas of life...



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It's a matter of perspective

...or we can look at the bigger picture and notice the beauty, light, and joy around us.



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Make a list of things that nurture your positive emotions

- ▶ Walking in the park
- ▶ Watching a funny movie
- ▶ Focusing on what went well
- ▶ Being with those we love
- ▶ Hobbies
- ▶ Spiritual activities
- ▶ Helping others, etc.



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Make happy and healthy choices

- ▶ Find simple ways to fill your life with as many positive emotions as possible.
- ▶ Choose to do things that nurture your healthy emotions, and the healthy emotions of those around you.
- ▶ Laugh, wonder, be kind, be playful, be inspired, etc.
- ▶ Focus on the positive and believe the best. (Phil. 4)



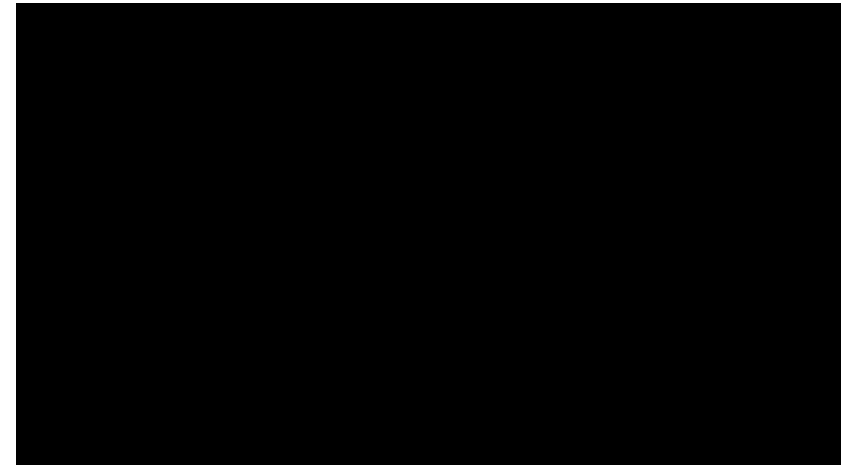
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Reflecting

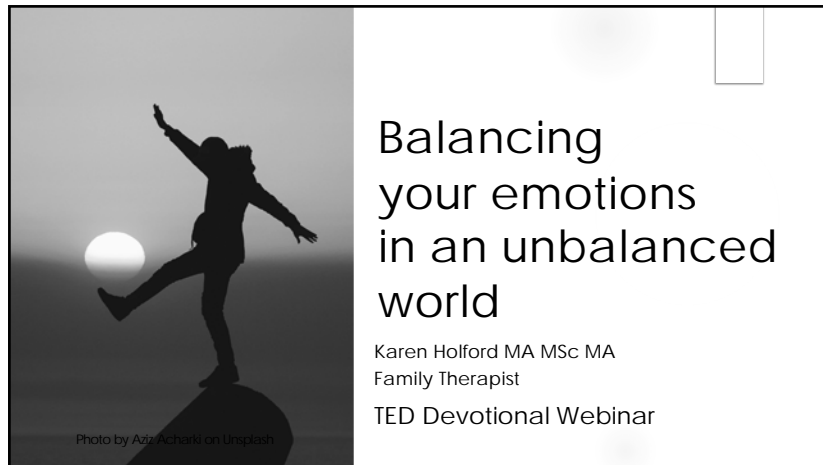
- ▶ Reflect on what you have just learned.
- ▶ What new ideas interested you most?
- ▶ What will you do this week to make sure that you experience more positive emotions?
- ▶ How will they help you to live the abundant life that Jesus came to give us? (John 10:10)



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