

## **Shifting Emotions Exercise**

\* To listen to this exercise, visit <http://takingcharge.csh.umn.edu/create-healthy-lifestyle/emotions-and-attitudes/how-do-emotions-attitudes-impact-health> and click on *Shift Your Emotions Exercise on the left.*

Welcome to the Shifting Emotions exercise. This exercise will guide you through a process of shifting negative emotions to enter a more positive emotional state. Find a comfortable position, either sitting or lying down.

Then, think of a person, place or event that you associate with feeling happy or appreciative. Think of something that evokes a feeling full of love – perhaps a child, a pet, a favorite vacation spot, or a fond memory.

Close your eyes and slow your breath. Breathe deeply in and out through your nostrils, if possible. Soften your belly. Whether you are sitting or lying down, feel supported and relaxed.

Now, bring the person or place to your mind's eye through your imagination. Breathe into that memory, feeling your attention focused in the area of your heart.

Feel a sense of love or gratitude deep within you. Breathe in this positive feeling and let it into your heart and then flow through the rest of your body.

After you have practiced this technique, you will be able to trigger this feeling in your body very quickly, perhaps in just 3 or 4 breaths.

Whenever you find yourself dwelling on negative feelings, take three deep breaths, activate this positive feeling state, and shift into a new place of being.