



FENG SHUI
CONSULTING SERVICE

Change Your Perspective



Your parents probably said it to you and you've probably said it to your kids: *Don't let your emotions get the best of you.*

That can be easier said than done, however, especially when someone makes you angry or when you find yourself paralyzed by fear at the thought of speaking in public.


Research has shown, however, that when we "reframe" our emotions by thinking about other aspects of the situation, we can control the negative and focus on the positive. Students who were taught to view their pre-exam emotions as determination rather than anxiety performed better on the test. They reported being less stressed and even felt better.

With mindfulness, we can change our perspective on many aspects of an emotion, such as recognizing that being angry can also be a reflection of being frustrated, irritated or hurt. By acknowledging those other feelings, we give ourselves more opportunities to control how we respond.

I often get nervous before a speaking engagement, but I've learned to manage that emotion by focusing less on my fear and more on the excitement I feel at being able to share my enthusiasm and knowledge of Feng Shui with others. I'd love to share these insights with you as well, so please **contact me** today.

It's not too late for summer at **Indian Point**- Writer's Retreat or Somatic Stretch in July or the newly added retreat in August, Spirit Talk with Laura Heselton (everyone loves this retreat!). **Contact me** today to join us because you deserve a treat!

Kristi

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