

“Control Your Emotions”

How many times have you heard this in life?

Do you think it is possible?

SEL: 90 Second Rule

Dealing with Uncomfortable Emotions

My emotions during...

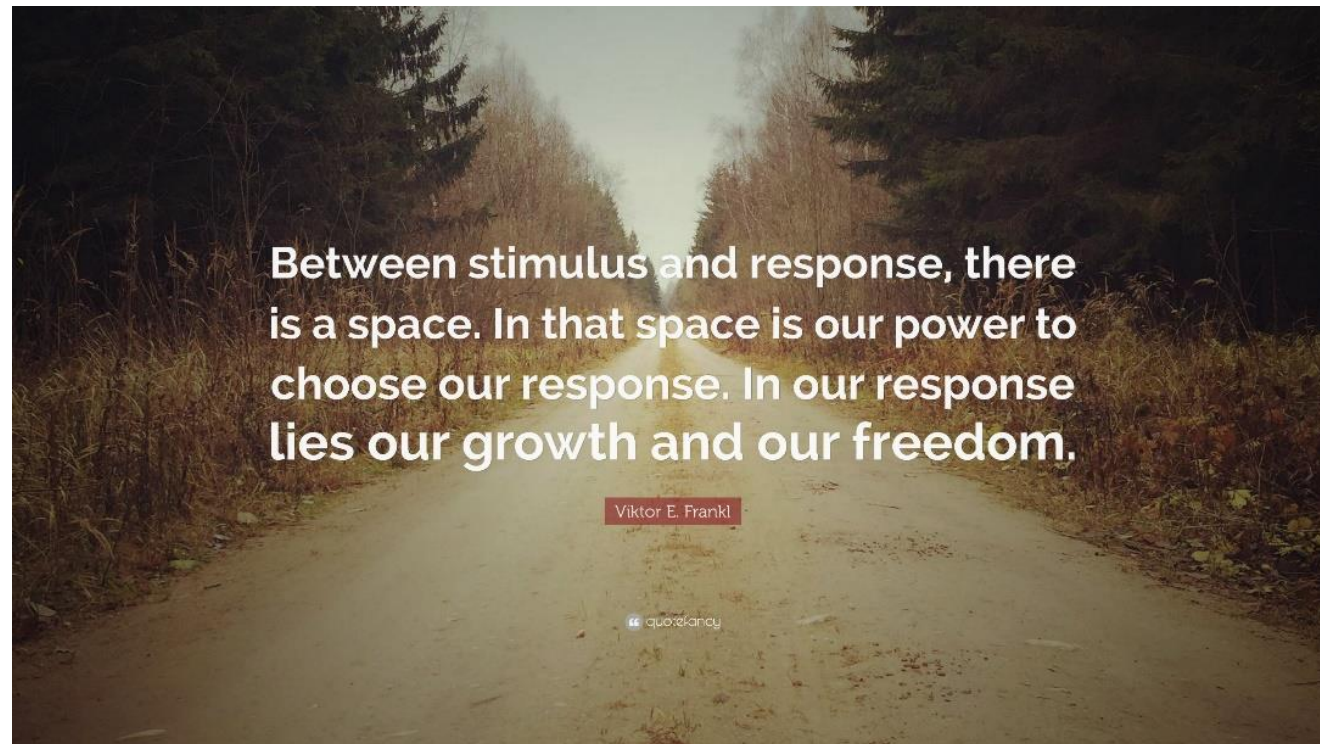
- A driver performs a very dangerous driving violation in front of me that puts my family and me at risk
- My daughter gets hurt in a soccer game
- My son leaving for university
- Something really funny happens and I burst out laughing

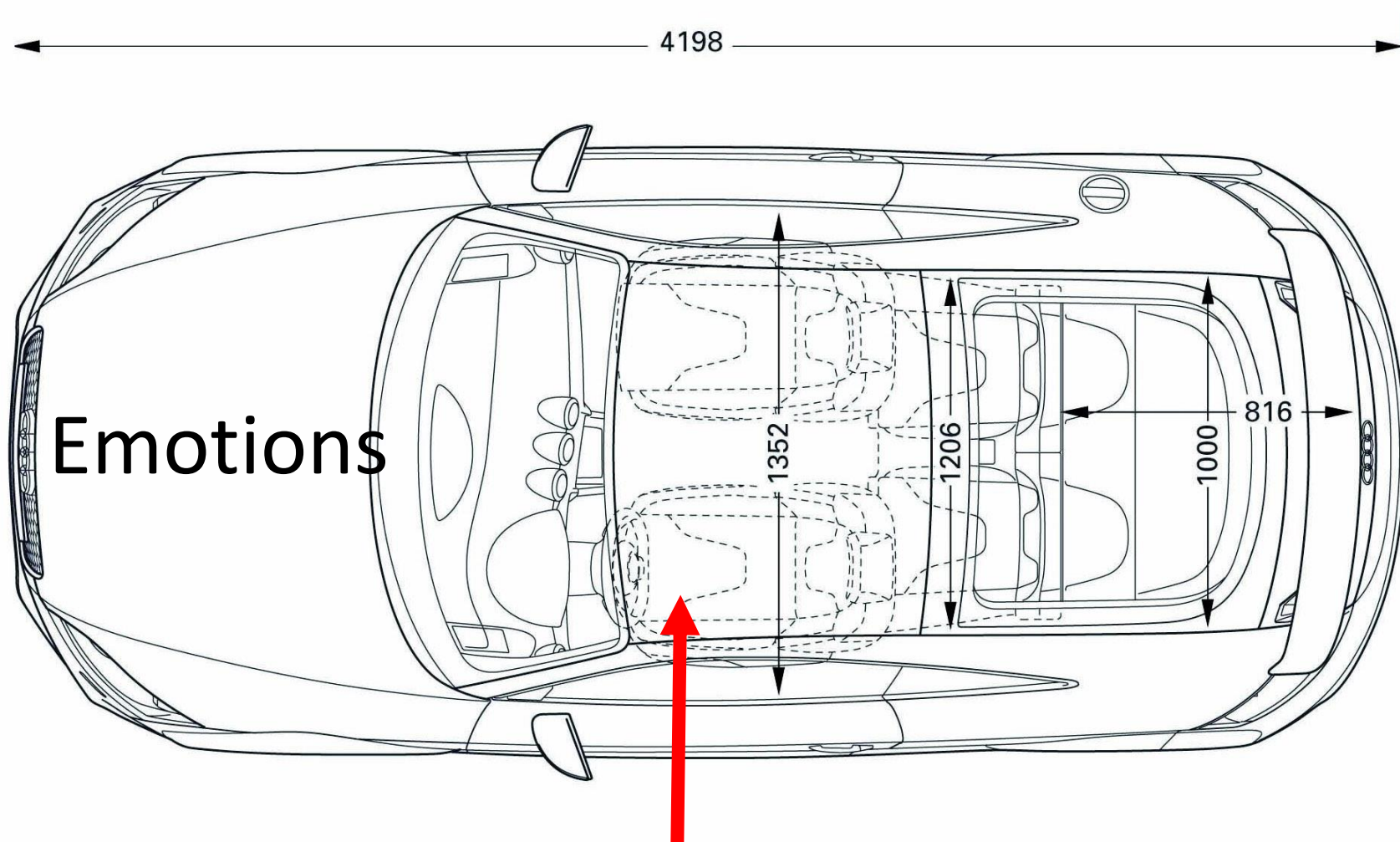
...Trust me, I cannot control the emotions

Can we control our emotions?

Maybe...

but more likely we can only control our
RESPONSE to our emotions



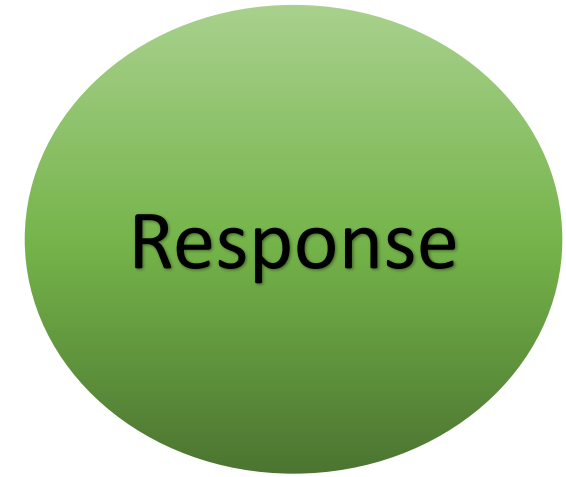


You are the driver and decide how to respond to the emotions



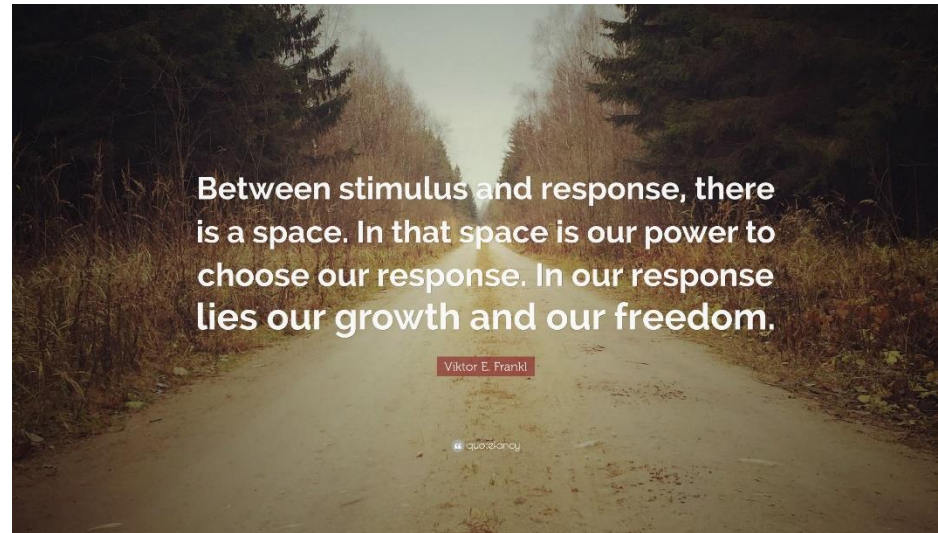
Space

Freedom



- Anger
- Fear
- Sadness mixed with joy (bittersweet)
- Humor/laughter

Choice



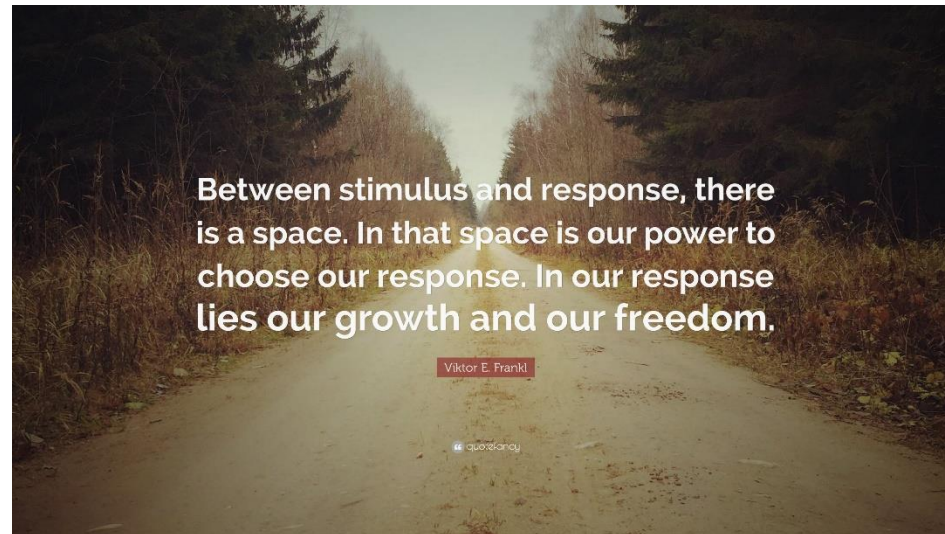
Why would we tell people to
control something that is
virtually uncontrollable?

*This makes people feel guilty
and incompetent*

*Now we have secondary uncontrollable emotions on top of
the original emotions that we thought we could control but
cannot*



Choice



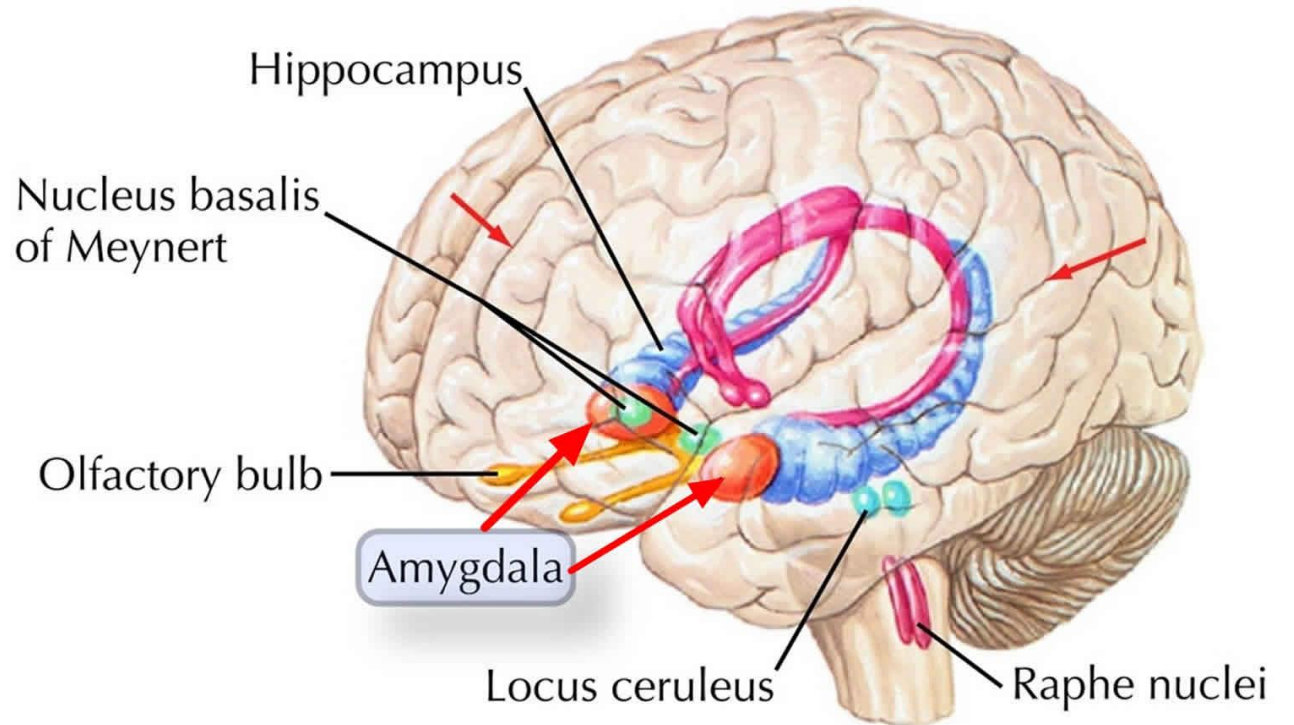
90 second rule in responding to emotions

According to Harvard brain scientist **Dr. Jill Bolte Taylor**:

ninety seconds is all it takes to identify an emotion and allow it to dissipate while you simply notice it. When you're stressed, pausing ninety seconds and labeling what you're feeling (eg., I'm getting angry), tamps down activity in the amygdala.

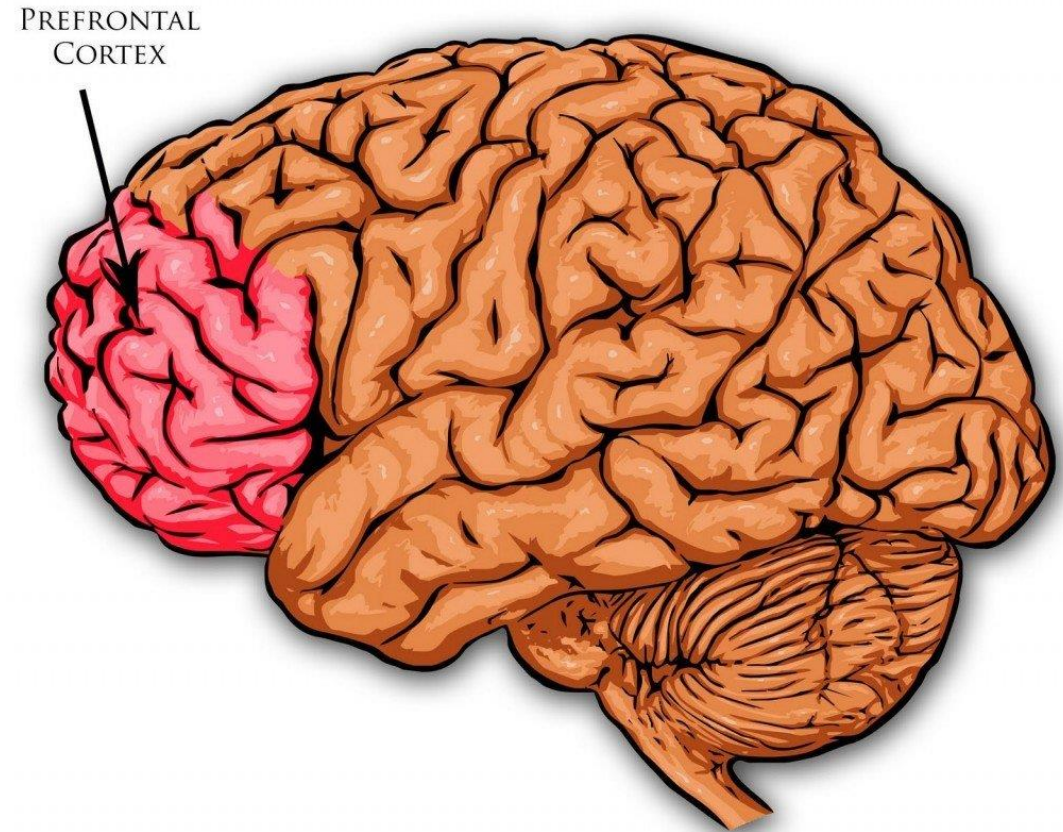
Amygdala

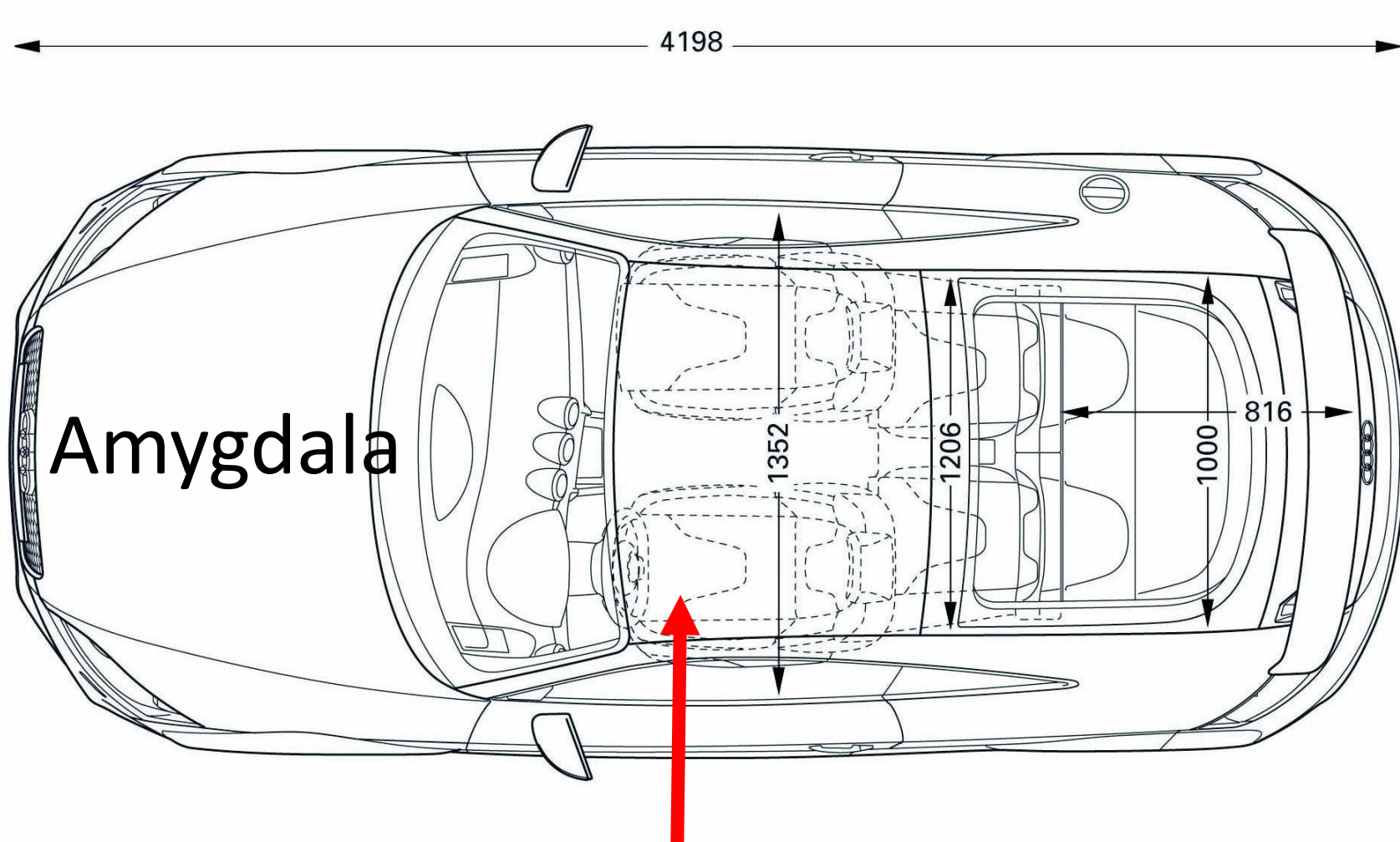
a roughly almond-shaped mass of gray matter inside each cerebral hemisphere, involved with the experiencing of emotions.



Prefrontal cortex

- Executive function relates to abilities to differentiate among conflicting thoughts, determine good and bad, better and best, same and different, future consequences of current activities, working toward a defined goal, prediction of outcomes, expectation based on actions, and social “control”



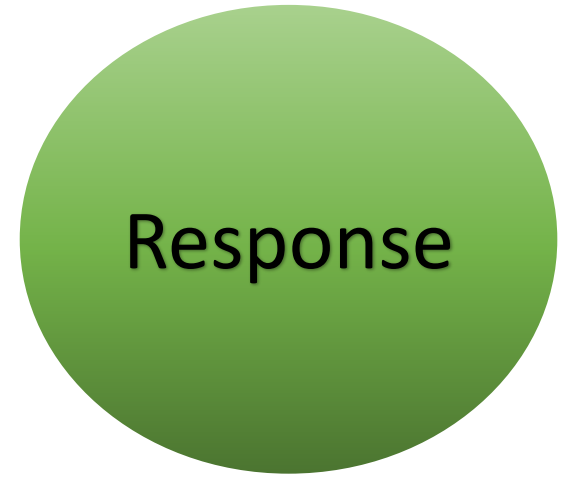


Prefrontal Cortex



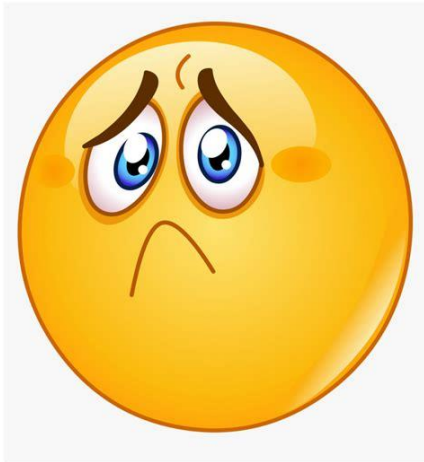
Space

Freedom



Choice:
If you have time

Pause
For at least 90
seconds



After 90 seconds: How do I respond?

Do I let this emotion die down?

Do I investigate further why I am
feeling it?

Do I need more time to let it die down?

Do I stoke the emotion more?

Another technique

Instead of saying “I am angry”

Say “I am feeling angry”