

Last week we talked about being high on life spiritually. I feel like we barely touched on the topic so we will return to it soon for sure. But today we're going to talk about being emotionally high on life and what that looks like and how you can have it. I bet I know what you're wondering, how can I control my emotions. Well, like most things there's no easy answer. For one, many things affect our emotions from hormones to chemical imbalances life circumstances, our personality, and so much more. This means, sometimes the answer may be more complicated than simple my simple answer and learning to control your emotions, is to believe. I say this all the time. But most people either don't take me seriously, or don't believe me, or sometimes they just forget to do it in the moment to breathe in order to relax, to regain your focus and to remain calm.

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I also suggest practicing this deep breathing. Often, when you learn to breathe properly, it will help you to be composed and in control of self. This is truly an act of love for self, and for others, it's a choice. When a person experiences stress our natural go to or our knee jerk reaction, seems to be to hold our breath in, or we actually take shallow breaths, which isn't good for the brain, your body or circumstances at hand. If you want to be high on life in the area of your emotions. It is important that you learn to listen to yourself with compassion. I have mentioned awareness several times and I will be doing an entire podcast episode in the near future, covering awareness because awareness is vital to life. When it comes to emotions, the more aware you are of how you're feeling, why you're feeling it, And what you can and should do in relation will make a tremendous difference.

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People are always saying, just breathe or just take a deep breath. However, I learned from Dr. Becky Bailey, the creator of Conscious Discipline, which is an amazing program. By the way, there is more to it than just breathing or just taking a deep breath. It is how we breathe and that makes the difference. So what Dr. Becky Bailey teaches is what is called belly breathing. You want your belly to extend outward. As you breathe in through your nose. What you don't want is your shoulders going up or moving in an upward motion.

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In the beginning it can be really helpful to place your hands on your stomach, to make sure your tummy is inflating outward as you breathe in through your nose, and you aren't breathing upward with your lungs and shoulders. So what it should be, Is you breathe in through your nose, as your stomach extends. Breathe in, for as long as you can hold it for as long as you can without a burst of release, and without you passing out. So you should breathe out through your mouth as slowly as you can and allow your stomach to deflate. So you want to do this three times so again it's breathe in through your nose. As your stomach extends. Breathe and as long as you can. You want to hold it as long as you can. And then you want to slowly breathe out through your mouth. As your stomach deflates. Do that at least three times. What this does is help you get out of your limbic brain or your emotional state of your brain, and that moves your brain to a higher or a better state for optimal thinking for problem solving and optimal behavior. That's what we all should want. That's what we need. We need it for ourselves, you need it for yourself and we need it for this world. I don't want to get too scientific or out of my scope of expertise, but the reason I mentioned hormones earlier, is because hormones do have a tremendous impact on your behavior and your well being. They often get overlooked or dismissed,

though. So when you're stressed your serotonin levels in the brain are lowered. Stress can also cause a fall in your dopamine levels. This is what leaves you feeling unmotivated, tired, even hopeless at times. And I'm not suggesting that all that breathing alone can cure everything, but I am saying it can help you in a moment of need, as well as help to clear your head so you can focus better on what you need to do for you. Now, that may mean that you need to seek out a doctor or a mental health professional. I have done both, and believe me, both of those things have helped to save my life. We can't be afraid, especially as Christians, to not seek out help. Jesus of course, is the one true physician, but as you know, on Earth we sometimes need what I call supplemental care. You should always turn to prayer first, but that doesn't mean that you can't seek out and use some earthly assistance as well. Jesus, along with the proper care from medication continued prayer, counseling, those types of things. They can help get you to a much better place. I would rather be in a balanced state with Jesus and Lexapro than remain out of whack and out of source on a daily basis. God knows your heart and He knows your needs. He won't shame me for seeking outside help. Only other humans will do that, I have been in those places I've had those difficult days and times where I have dealt with depression or anxiety, or both. It's not fun. It's not easy. And we know that life isn't always easy. Rewinding back to a life that seems like a lifetime ago, back when I was in my first marriage, just to give you a little background on me. I normally am a bubbly personality, I like to have fun and laugh and enjoy life. I am a busy bee so to speak, I like to stay busy. I have always liked to be busy, I am not the type of person who can and will just sit around watching TV, I guarantee if I am in front of the TV. I'm doing something else. That's just how I roll. I've always been that way. I used to annoy my sisters we do watching a movie, and I would be scrapbooking or doing something else and that I'd asked a question about the movie, and it would irritate them because they're like Kelly Hello pay attention to the movie another oh what's going on movie,

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but that, again, that's just not me. I'm always doing something. And I give that backstory so you'll know when I share this next piece of the story that I was in an unusual state. I found myself watching TV for hours at a time. And it wasn't because I was doing something else, I was basically zoning out, I couldn't tell you what I watched for how long I watched it or if I even watched or paid any attention to it. In this first marriage, I felt like I was losing mine, my mind, I felt like I was just I felt out of control. The man I was married to at that time, basically convinced me that I was bipolar and I started to believe that. So I went to the doctor. And again, I think it's important that we seek out side help, I of course also was praying daily reading my Bible daily spending time with God, that I went to the doctor. I told him the situation how I was feeling at first of all, he told me, someone might be bipolar, but it's not you, that of course was a relief to me, but then he told me, you have depression, mild depression, and he suggested that I try some medication which, as I've shared before isn't Lexapro, I think I started on 10 milligrams of Lexapro within, I would say two weeks. I really noticed a difference in myself. I was getting back to doing things, not sitting in front of a TV and zoning out but, you know, doing things being my busy be self. And also, I felt this fog. Lift from my eyes from my prayers being answered. Again, I believe wholeheartedly in the combination and I do believe, the older I've gotten the Wiser I've gotten, you know, I still have a long way to go but knowledge, and time with God has definitely helped but at that time I definitely needed answers outside of myself and my prayer time and that's when the medication came in, and this fog started to live. I saw the man I was married to, with different eyes. I started to recognize who I had become and was becoming and I didn't really like it, and I knew that God wanted more for me. With that, I started seeking God more because I was in a better frame of mind because my brain was no

longer in a, I wasn't in my limbic state all the time any longer I wasn't seeking safety or survival, all the time. So that is when you're thinking from your brainstem. I wasn't in either one of those states anymore I had moved to, that is when we can truly make transformation and change in our life. When I was thinking from my brainstem and from my limbic system. I was seeking out things to fill the void and to numb the pain that was not healthy for me. Believe me when I tell you, there are things out there that you can turn to drugs, food, alcohol men, so many other fixes. They fill the void they numb the pain they fixed the imbalances, but it's temporary, and it's not healthy. what we do when we turn to all of these addictions and unhealthy things is we dig a deeper hole for ourselves. I don't know if you've been there, I've been there, more times than I want to count, but when we seek healthier ways to fill that void to numb the pain to fix the imbalances. That's when we will start to go through this transformational process. And as I have shared on a past podcast episode. The process is a process. It takes time, it is a journey, but it is worth it. Ultimately, I believe we need God first and foremost, but I also believe that God has provided things to supplement our care, especially until we learn to fully trust or rely on God because that in and of itself is a process as well. Most of all, remember that God doesn't shame. He loves you and He guides you.

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I believe you are here today, listening to this podcast for a reason. Please know that you are not alone. I felt so alone for so many years, my life was defined by not good enough. And I thought I was the only one that felt that way. I thought I was the only one that didn't measure up to the rest of the world. If you are using something unhealthy to fill a void, or to heal her and your life. Please hear me when I say there is a much better, much healthier multiple better and healthier ways for you to deal with what is hurting in your life. Pain is an inevitable inevitable part of life, but misery is a choice I made that choice to get out of the misery, and now I'm here telling you that God night are both here for you to help you walk out of your misery. You no longer have to experience the sting of life on a daily basis. You can be higher life. You can start today to take control of your emotions. So your emotions don't control you. Like I said at the beginning. Your emotions are not bad, it's allowing the emotions to take you over basically, that's when things can get difficult. Use your emotions for good become emotionally high on life. Embrace your emotions. Being in control of your emotions, and you begin to see a beautiful transformational process in your life. As always, I want to thank you for being here today. This is Kelly Renee Baker, wishing you a blessed day. And reminding you to be high on life.

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