

THE BEE HIGH ON LIFE PODCAST with Queen Bee, Kelly Renee' Baker

Episode 004 - Bee Emotionally "high" on life.

Summary: Emotions can mess with us in crazy ways. Often your emotions may leave you feeling out of control. The good news is there are some simple, and some not as simple, ways to help calm your emotions and get you feeling more balanced and in check. You can Bee High on Life and your emotions don't have to drag you down.

Topics/timestamp:

- * What impacts your emotions (1:40)
- * Awareness is vital for your best life (3:20)
- * Belly breathing - how to (4:10)
- * Hormones impact on emotions (6:10)
- * Jesus, the true Physician and supplemental care (7:25)
- * A story about me dealing with depression and seeking help (9:00)
- * Seek healthier ways to deal with you emotions (14:00)
- * Control your emotions, not the other way around (16:20)

Resources:

consciousdiscipline.com

kellyreenebaker.com

<https://www.facebook.com/groups/KellysChampionsVIP>

Episode transcript:

Subscribe to our emails at kellyreenebaker.com

* disclaimer

This podcast cannot and does not contain [medical/legal/fitness/health/other] advice. The [legal/medical/fitness/health/other] information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information in this podcast, we encourage you to consult with the appropriate professionals. We do not provide any kind of [medical/legal/fitness/health/other] advice. The use or reliance of any information contained in this podcast is solely at your own risk.

