

# *Mind-Body Group: Emotions*

## *Key Ideas*

- Psychosomatic Network: Neurological, biophysical, hormonal and energetic channels
  - Heart and Gut: sophisticated information processing centers sending information through neurological, biophysical, hormonal and energetic channels.
  - Emotions result in a cascade of 1,400 different biochemicals in the body
    - Unpleasant feelings: stress hormones. Ex. Adrenaline, Cortisol – loss of bone mass, fat buildup in arteries, high blood pressure.
    - Pleasant feelings: regenerative and beneficial biochemicals. Ex. DHEA: the anti-aging hormone, offsets production of cortisol and promotes emotional vitality
  - Emotional expression is tied to a specific flow of peptides in the body; chronic suppression of emotions results in massive disturbance in the psychosomatic network.
  - Repressing any emotions, including anger, fear or sadness, not letting them flow freely, sets up dis-integrity in the system, causing it to act at cross-purposes rather than as a unified whole.
  - Health is not the result of thinking “happy thoughts” but rather, is the result of being able to allow the flow of emotions through the system, expressing them, feeling them, sensing them, and allowing them to move through you.
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## *Key Practices*    Emotional Metaphors: Water (flow!) & Food (full spectrum!)

- Non-judgmental Stance – notice, track, name, feel, express, release.
- Feelings – information from system about deeper needs
- Focusing & Body Awareness
- Conscious Breathing practices to elicit/contain/access
- Mindfulness practices to develop own ability to observe & feel
- Relaxation techniques – develop ability to observe & feel without bracing against emotion
- Somatic influences: movement, diet, sleep
- Slow down to feel and experience instead of emotional bypass of observe-think-act.
- Validate, honor subjective experience