

HOW TO CHANGE AN EMOTIONAL STATE



THE COACHING MASTERS

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1. Become aware of your emotional state;
2. Change your thoughts;
3. Change the posture;
4. Move!
5. Watch your breath, become aware of your breath;
6. Relax the muscles;
7. Change your vision;
8. Pay attention to the other person;
9. Establish resource anchors;
10. Do something fun, different, smile!

