

8 Proven ways to quickly change your emotional state

If you need to change your mood or emotional state in a hurry, you have options available to you.

Your emotional state affects your attitude, focus, decisions, and your ability to act.

The ability to manage your emotional state is a powerful skill that will help you get the most out of each day. Being able to easily influence your emotional state will help you feel more content, happier and in charge of your life.

Take control of your emotional state with these strategies:

1. MOVE.

Your emotions are often influenced by your thoughts and will in turn result in physical feelings and behaviour.

Moving and exercise is one of the most effective ways to change your emotional state as it releases endorphins, one of the feel-good chemicals your body produces.

There are many ways to use your body to alter your emotions.

Here are just a few options:

- Stand straighter.
- Do jumping jacks.
- Dance.
- Stand up quickly.
- Spin around.
- Walk like a robot.
- Run.
- Skip.



2. LAUGH.

Laughing feels really good and it releases serotonin, another feel good chemical! Make yourself laugh and you'll feel differently, and the change is instant.

- Think about something funny.
- Watch your favourite comedian.
- Talk with your funniest friend.
- Read a joke.

3. GIVE YOURSELF A CHANGE OF SCENERY.

It's amazing how much differently you can feel if you just move to a new location.

- Spend an hour at the coffee shop.
- Go to the library.
- Walk around the park.
- Sit out on your back patio.



4. DO SOMETHING THAT FRIGHTENS YOU.

If you want to take your mind off your current thoughts, fear is an effective way to do it. Your emotional state will change, guaranteed.

- Strike up a conversation with an attractive stranger
- Have that conversation you've been avoiding.
- Go to the pet shop and ask to hold that scary-looking snake.



5. DRINK A LARGE GLASS OF COLD WATER.

A good drink of water can change how you feel. For the best results, make sure that it's cold as that will jolt you out of your emotion. Pour yourself a tall, cold glass of water, stand outside in the fresh air, and drink it.

6. USE HEAT OR COLD.

Anything that impacts your body significantly can impact your emotional state, too. Heat and cold are all-encompassing experiences for your body. Your attention is sure to be drawn to both. Your brain and body are also bound to take notice, even though you may not consciously be aware of all the effects. This includes your expanding or contracting blood vessels as well as increased or decreased sweating (depending on the temperature). There's quite a lot going on when you expose yourself to significant temperatures.

- Sit outside on a hot or cold day.
- Take a hot shower or bath.
- Sit in a hot tub or sauna.
- Try a cold shower or bath.



7. SING.

Singing is a novel way to change how you feel. If you're not used to singing, it can feel awkward. Keep practicing though as you'll start to enjoy the good feels and you'll also get better at it (a bonus for your loved ones!). If you sing regularly, you'll know how much you enjoy it, which is a great motivator. Either way, your emotional state will be improved.



8. DO SOMETHING NEW OR UNEXPECTED.

Shock your system by doing something totally out of character.

- Pull out the bike you haven't ridden in years and go for a ride.
- Take a walk around the neighborhood if you rarely do so or check out a new neighbourhood.
- Go out to a new restaurant.
- Call an old friend you haven't spoken to in ages.
- Eat a tablespoon of hot sauce.
- Change a part of your routine, e.g. the first thing you do when you get out of bed in the morning, the time you exercise, the way you drive home in the afternoon etc.

Your emotions change throughout the day depending on what you're thinking and what you're experiencing. The important question is whether or not it's a useful emotion to help you get through your day in the best way. If you're caught up in negative emotions and you keep dwelling on them, then you'll slowly feel worse and worse. That does not help you or those around you.

The good news is that you can change your emotional state with practice. By using these 8 tips you can even change it quickly!

If you'd like some more help, then I'm here to help you! I'm an experienced professional life coach and positive parenting trainer. I have over 12 years' experience helping individuals and families achieve positive outcomes in life. I have 16 life coaching, positive parenting and positive psychology qualifications so I can easily tailor sessions for your unique circumstances and desired outcomes. I'm here to help you be successful and achieve your goals, create more harmony in all your relationships and make lasting positive life changes.

