



LESSON 6: EMOTIONS STRATEGY

TALKING POINT: There is an odd thing about our emotions – over time & with practice, we can make a conscious choice about how we feel in response to life events. If we don't choose to take control of our feelings, then we become their victim, helpless in the face of our feelings. People who change habits successfully learn a measure of competency in managing the emotional parts of our brains by using the more intellectual parts.

EXAMPLE: Meditation, prayer, deep breathing, yoga & guided imagery are all proven methods people use very successfully for managing emotions.

QUESTIONS: What are some of the ways these activities help us manage our emotions?

What makes managing our emotions difficult?

OPTIONAL TALKING POINT: Many of us feel stressed with the speed the world demands of our lives. So much to do; so little time. The pace with which we live can be viewed as a habit just like smoking. And can be just as addictive.

QUESTION: What is the “addictive” nature of fast paced living?

TALK ABOUT DURING THE RUN AND/OR HOMEWORK: What would happen if you slowed down? What would be the price you'd pay? What would be the savings you'd earn?

READING from The Beginning Runner's Journal: Pp. 21-29

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