



# **emotional inflammation**

Discover Your Triggers and Reclaim Your Equilibrium During Anxious Times





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# **What is Emotional Inflammation?**



# Emotional Inflammation affects...



Mind



Body



Spirit



WHAT IS YOUR REACTOR TYPE?

# **the nervous reactor**

- You have the anxious, worried, or fearful form of emotional inflammation
- You may not know what's really bothering you or making you feel unsettled (and you may not want to know)
- News or fears have a distracting effect and prevent specific unidentified fears from rising to the surface.

WHAT IS YOUR REACTOR TYPE?

# **the revved-up reactor**

- You have the frantic, hyperreactive form of emotional inflammation
- You have an endless list of things you feel that you could, should, or must do—and you're probably telling yourself that you should be moving or acting faster than you are to change the status quo
- You feel committed to righting the wrongs of the world, which means you have strong energy and goodwill.



WHAT IS YOUR REACTOR TYPE?

# **the molten reactor**

- Your emotional inflammation is largely marked by irritation, maybe even anger and/or indignation.
- You may feel embattled, shortchanged, frustrated, and/or fed up that “the world is a mess”
- You may find yourself susceptible to occasional bursts of outrage, sarcasm, or righteousness.

WHAT IS YOUR REACTOR TYPE?

# **the retreating reactor**

- Your emotional inflammation is marked by a tendency to freeze, detach, withdraw, zone out, or numb yourself
- You may believe that what you feel or do doesn't make a difference, which can create a sense of powerlessness, depletion, despair, and/or resignation
- The news can make you feel physically and emotionally spent, unmotivated, and unfocused



# Factors that Contribute to Emotional Inflammation

## Internal Factors

- Corrupting our circadian rhythms with our lifestyle habits
- Inconsistent sleep schedules
- Exposure to bright light at night
- Poor diet
- Sedentary habits
- Insufficient stress management
- Thinking styles that send us into a negative repetitive loop

## External Factors

- Excessive exposure to upsetting news
- Moral vertigo created by untrustworthy political figures
- Lack of time spent in nature
- Too much use of technology and social media
- Quarantine restrictions/regulations

## Strategies for All Reactor Types



Put yourself on a steady sleep schedule.



Give yourself a digital curfew.



Move your body and mind.



Check your emotional pulse periodically.



Feed your gut bacteria well.



Correct your distorted thoughts.



Connect with nature—and awe.



## Moving from "Bystander" to "Upstander"



# Thank You!

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