

## Understand Your EMOTIONS



### UNDERSTANDING YOUR EMOTIONS

As the COVID-19 pandemic continues to dominate the news, anxiety levels are continuing to climb. It's only natural to feel anxious when we become fearful and uncertain about what the future holds. At times like this, it's important that we understand our emotions. Emotions drive most of your brain's processes, including feelings, cognition, and self-control.

While most people believe that rational thinking comes first, you actually process emotions first. Within a fifth of a second, emotions are constructed within your brain. Your brain then processes the emotion and determines whether the situation is threatening or rewarding. Because of the importance emotions play in your decision-making abilities, it's imperative to understand your emotions and train them to help you produce the most desirable results.

#### TRY THESE EXERCISES

Log into your Total Brain account and try these exercises to understand your emotions and earn Brain Points.

**Emotion Booster:** Select the emotion that best fits the facial expression. The quicker you can do it, the quicker your brain will learn to process threat or rewards.

**Alternate Nostril Breath:** This breathing exercise balances emotions to find calm focus.

**Emotion Match:** Match the emotion to the face to learn how your brain processes facial expressions.

Earn 2,000 Brain Points by June 30, 2020 and get a chance to win one of four \$25 Amazon gift card!

**START TRAINING TODAY!**

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