

Emotions emotionally strong requires you to get

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Emotions are the responses you make to situations, but aren't necessarily an accurate interpretation of the events around you. Everyone has them, but we all display them differently.

Investing in yourself emotionally is a very important investment. Some of us are emotionally stronger than others. We know there are people out there who rarely, if ever, cry; they are resilient to any situation or circumstance and have a poker face that wouldn't give anything away. Some would say these people have achieved a high emotional tolerance, not letting emotions appear at the worst of times.

Then, there are those of us who aren't quite as strong, we tend to wear our emotions on our sleeves, crying during Hallmark Commercials, trying to keep it together when we speak to a superior about an issue at work and panicking at the mere thought of something going wrong - we tend to show our emotions more fluently than others. Neither of these types of emotional people are right or wrong. We all display our emotions differently and that's apart of making us unique. But, knowing when to show emotions and having control over when you don't want to is a trait we may be able to invest in. Part of being emotionally strong requires you to get lots of rest. Being up all night with children or going a few nights without sleep could end up in a session of tears or misguided anger and frustration. For example, I have a daughter who will work 60 hours a week and when she gets home after being overly exhausted, you can bet she is easily derailed. Sometimes she will take things more to heart because she is tired, and will end up crying.

Other times, she can just seem more irritated at every little thing. I'd like to assume that having instant emotions like she does means she is mentally and physically exhausted, and perhaps, she isn't as emotionally stable as normal. But, like I tell her, there are many things that can be done to help her get back on track towards a more stable emotional state. First thing you need to invest in is uninterrupted sleep. Studies show that adults require as little as seven and as many as 10 hours of sleep per night. Investing in things that make your bedroom and bed environment comfortable (like lighting, music and calming bedding/walls) will help you create an oasis.

You should also try going to bed at the same time every night, don't eat late night snacks and do relaxation exercises or meditation to help you get the sleep you need. Next, you may need to recharge your batteries. Have you ever called your employer and said you are taking a mental health day off? Try it. Then, invest the whole day in you. Try pampering yourself, turning off the phone, avoiding the computer, staying in bed until you catch up on your sleep, taking a leisurely bath, or attending a museum or sports event.

Do something you enjoy and forget about all of your stresses for one day. There is one more thing that needs to be done to keep you emotionally healthy, body conditioning. This included exercise, eating healthy and keeping your immune system strong. You should try yoga, it help focus your mind, clear your thoughts and centre your psyche.

Also, investing in a full our cardio workout class will help release endorphins in the brain, which causes what is commonly known as a " natural high". Life isn't perfect and neither is the world we live in, but another way to keep a

healthy mind is to remind yourself of all the positive things around you while you push the negative away. Read positive quotes when you are down, take a step back before responding in an uncomfortable situation and always remember to take a deep breath and smile. Having the discipline and determination to do so and to make the choice to be around positive people will add to your self-confidence, courage and self-esteem. Investing in your emotional well-being is well worth it.

And for those of you 'rocks' out there, it's okay to shed a little tear.