

5 MEDITATIONS FOR EMOTIONS

MENTAL NOTING

BEST FOR: learning emotional observation from afar

- Teaches non-judgement
- Holistic approach - body, mind, emotions
- Helps to non-identify with emotion

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BODY SCAN

BEST FOR: reading your bodily sensations

- Teaches to recognize signals from body
- Enables recognition to stop emotional hijacking
- Helps connect body signs with thoughts, emotions

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LOVING-KINDNESS

BEST FOR: letting go of expectations & judgements

- Reducing emotional suffering by helping to let go
- Improves sense of connection to others
- Reduces pains and hurts coming from judgement

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R.A.I.N.

BEST FOR: managing persistent, difficult emotions

- Helps manage emotions that linger
- Complete process to manage emotion from A to Z
- Can be done during daily activities

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MINDFULNESS (UNGUIDED)

BEST FOR: unguided meditation you can do yourself

- Helps with getting insight about your emotions
- Helps calming your emotions before stressful event
- 4 different stages ensure you can easily do it on your own

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