

A guide to
managing your emotions
to fulfil your potential



*Bach*TM
ORIGINAL
FLOWER REMEDIES

in association with life coach Mandy Perry,
Cert. SMC Dip. HSM at AMC Mentoring Ltd.



You

Being yourself means being relaxed, fulfilled and natural. When we feel at one with ourselves we are at our best. We feel energised, healthy and able to cope with everything life throws at us.

But sometimes... well, sometimes we aren't quite ourselves. We feel out of sorts, maybe a little under the weather, sometimes a little tearful, not coping as well as we normally do, as if something isn't right. And sometimes we need a little help to get back on track.



Identify your emotions, just listen to your body

If you find it hard to identify your emotions then listen to what your body is telling you today. Take a moment. Inhale deeply. As you exhale start to scan your body from the top of your head to the tip of your toes. Can you identify any part of your body that feels

tense, for example, your shoulders? Take three deep breaths and as you breathe out let the tension flow out with the air, this not only help you relax but clears the mind and refreshes the brain.



Carrying the weight of the world on your shoulders?

Our language is full of informative body imagery.

Heart ache?

Sick with worry?

Butterflies in your tummy?

All fingers and thumbs?

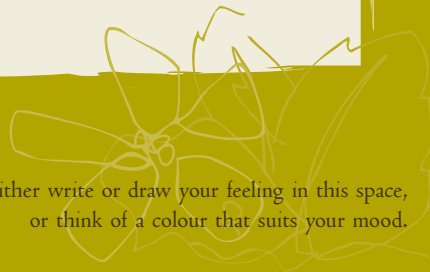
Lacking guts?

What feelings go with what your body is telling you?

'You can judge your health by your happiness' Dr Edward Bach

Express
Yourself

Either write or draw your feeling in this space,
or think of a colour that suits your mood.





'Healing must come from within Ourselves'

- Original Writings of Dr Edward Bach

Don't give yourself a hard time - we're only human. Statistics from our survey* of over 500 women in the UK show that you're not alone if you feel that you're not quite on top of your emotions:

22% of you feel that you lack the confidence to progress at work

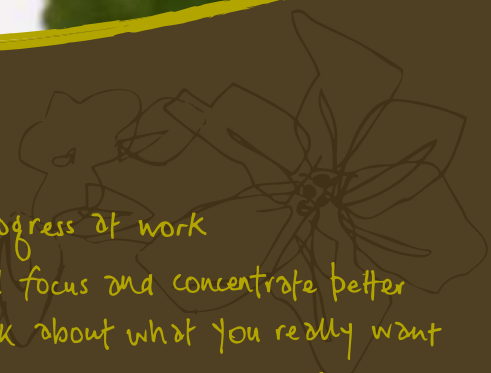
30% feel you could be more successful if you could focus and concentrate better

33% of you feel you are too bogged down to think about what you really want

Learning to manage your emotions is a life long journey, so have fun getting to know yourself along the way.

* Lightspeed research conducted for Nelsons with 3,500 women globally. 2006.

You're not alone





Smile!

Have you lost your sparkle? Flash your pearly whites. Not only will it lift your spirits but you'll start to notice others smiling too.

Look up at the world and not down at your feet, what you see may surprise you!

Make some time for yourself

Make a list of the little things you would do if only you had the time. Make them realistic and achievable, for example:

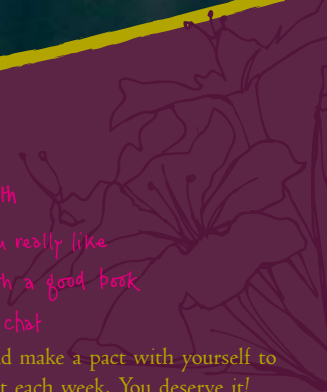
soak in a long, hot, luxurious bath

Go for a walk somewhere that you really like

Curl up in your favourite chair with a good book

Meet up with good friends for a chat

Now pin the list to your fridge and make a pact with yourself to do at least one thing from your list each week. You deserve it!





Positive affirmations

Be your own best friend. Sometimes we talk to ourselves in a negative way. We would never dream of talking to our friends (or even our enemies for that matter) in this way, so why do we do it to ourselves?

Next time you find your head filled with negative chatter, check your thoughts. Imagine you are talking to your friend. Would you speak to them in this way?

Try replacing your negative thoughts with positive affirmations

- i am confident and believe in my abilities
- i am calm and carefree, my mind is clear
- i am capable and in control
- i am feeling brave and empowered

Now stand in front of a mirror and repeat them to yourself.

Create your own personal affirmation, it's easy as 1. 2. 3

1. Never use a negative, i.e. I'm not feeling overwhelmed
2. Try to keep your affirmation in the present tense... I am feeling, or I feel
3. Keep it short





You can blossom

Back in the 1930s a forward thinking doctor, Dr Edward Bach, discovered 38 flower remedies that can help us when we need to a little extra encouragement and support to blossom. The remedies help us manage our emotions, balancing negative thoughts and feelings, and allowing us to find our hidden strengths and potentials.

"The Bach Original Flower Remedies are such a gift. They are so simple to use anywhere, making a real difference to our sense of emotional well being, which in turn affects all areas of our life"

– Bach Foundation Registered Practitioner and trainer, Patricia Campbell-Parker



Patricia recommends:

Mimulus

Our fears can hold us back from doing some of the things we'd love to do, if only we dared! By moving from a negative state to a positive one of courage and bravery we can open new doors and expand our horizons.

The *Bach Original Flower Remedy Mimulus* can help us to overcome shyness and specific fears.

Larch

Maybe it's a lack of confidence in your abilities that is in your way to moving forward. Empower yourself with a couple of drops of the *Bach Original Flower Remedy Larch* to rediscover your self belief.

You're wonderful!





White chestnut

It's hard to concentrate and feel happy when your mind is filled with negative worries, playing round and round in your head like a stuck record. Find your tranquillity and calm with White Chestnut.

Elm

If it's not work or home then it's the state of the world that can leave us feeling more than just a little overwhelmed. You know you're capable but sometimes the support of the *Bach Original Flower Remedy Elm* can help you up your mountain.

They are so easy to take, simply add two drops to a glass of water, and sip at intervals.
Or, you may prefer putting two drops directly on your tongue. Always read the label.

Group	Symptom	Remedy	Positive Effect
FIND JOY AND HOPE	You are suffering from the effects of a shock, or from grief	Star of Bethlehem	COMFORT
	You feel resentful and sorry for yourself	Willow	POSITIVITY
	You feel overwhelmed by your many responsibilities	Elm	SUPPORT
	You feel guilty or blame yourself	Pine	ABSOLUTION
	You feel despair when there is no hope left	Sweet Chestnut	SOLACE
	You expect to fail and lack confidence in your skills	Larch	CONFIDENCE
	You are a strong person who struggles on past the limits of strength	Oak	STRENGTH
	You feel unclear or dislike something about yourself	Crab Apple	PURIFY
	Sometimes you are a tyrant when you want to lead	Vine	INSPIRE
LIVE AND LET LIVE	Your enthusiasm leads you to burn yourself out	Vervain	UNWIND
	You feel critical of or intolerant towards others	Beech	TOLERANCE
	Your love for your family makes it hard to let them go	Chicory	RELEASE
	You drive yourself hard trying to set an example	Rock Water	FLOW
	You can't easily say 'no' to other people	Centauray	ASSERTIVENESS
	Other people's ideas knock you off course; you are unsettled at times of change	Walnut	CONSTANCY
	You feel wounded, jealous, spiteful, or want revenge	Holly	GOODWILL
	You hide your troubles behind a smile	Agrimony	OPENNESS
	You are shy or you feel anxious about something specific	Mimulus	COURAGE
FACE YOUR FEARS	You are anxious but can't say why	Aspen	REASSURANCE
	You feel an extreme terror about something	Rock Rose	FEARLESSNESS
	You fear you might lose control	Cherry Plum	COMPOSURE
	You feel anxious about somebody else's safety	Red Chestnut	PEACE OF MIND
	Your mind is on the past instead of the present	Honeysuckle	PRESENTCE
	You are in a dream	Clematis	FOCUS
	You find yourself making the same mistakes	Chestnut Bud	INSIGHT
	Your mind is running over the same thing	White Chestnut	TRANQUILITY
	You can't really be bothered	Wild Rose	ENTHUSIASM
LIVE THE DAY	You feel down in the dumps and don't know why	Mustard	BRIGHTNESS
	You feel tired after making an effort	Olive	RESTORATION
	Your talkativeness leads to loneliness	Heather	BE HEARD
	You feel impatient with the slow pace of people or things	Impatiens	PATIENCE
	You like your own company but sometimes feel lonely	Water Violet	CONNECT
	You put things off, feeling tired at the thought of starting work	Hornbeam	RESOLVE
	You feel a bit let down after a setback	Gentian	ENCOURAGEMENT
	You give up when things go wrong	Gorse	HOPE
	You can't make your mind up	Scleranthus	DECISIVENESS
KNOW YOUR OWN MIND	You want to do something worthwhile but can't find your vocation	Wild Oat	DIRECTION
	You know what you want to do but doubt your judgement	Cerato	GUIDANCE
REACH OUT TO OTHERS			

Bach™

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Learn more at: www.bachremedies.co.uk

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