

# EMOTIONS MANAGEMENT



**REBALANCE**  
*impulse*

*Let go of stress, and find yourself*





## EMOTIONS MANAGEMENT

### WHO IS IT FOR?

Finding it difficult to manage your anger or sadness? Feeling unable to keep calm in moments of frustration? Sometimes all it takes is a major change in your personal life, or an important deadline at work, for you to lose your footing. These types of events are often a source of anxiety, stress, irritability, and are accompanied by a feeling of exhaustion.

To perform well in our daily lives, we must be able to control our emotions, but this can be challenging at times!

Emotional management varies greatly from person to person. Our past life events and our environment influence the structure of our brains and especially the system of emotions. Our "Emotions Management" program allows you to reprogram your brain in the long term to help you overcome difficult episodes and regain calm, well-being, and serenity in your daily life.

### HOW DOES IT WORK?

To be less prone to anxiety or depression, one must learn how to calm one's emotional brain, especially the amygdala. A growing body of research confirms that mindfulness meditation techniques help regulate stress responsiveness, develop self-control, and reinforce positive cognitive emotional processes.

The specific protocols proposed by Rebalance Impulse combine targeted techniques of guided mental imagery with chromorhythm-based breathing exercises that will gradually give you powerful tools to reduce and suppress anxiety attacks, depressive states, and signs of irritability. You, and especially your loved ones, will bear witness to this newfound balance.

### BACKED BY SCIENCE

Amutio et al. Enhancing relaxation states and positive emotions in physicians through a mindfulness training program: A one-year study. *Psychol Health Med.* 2015;20(6):720-31.

Pascoe et al. Yoga, mindfulness-based stress reduction and stress-related physiological measures: A meta-analysis. *Psychoneuroendocrinology.* 2017 Dec;86:152-168.

Zhang et al. Effectiveness of Mindfulness-based Therapy for Reducing Anxiety and Depression in Patients With Cancer: A Meta-analysis. *Medicine (Baltimore).* 2015 Nov;94(45):e0897-0.

