



TRANSFORMING STRESS

WITH DR. RITAMARIE LOSCALZO

Emotional Landscape



As you move through your day, you generally experience a range of emotions related to your experiences and thoughts. The range of emotions you experience is referred to as your **emotional landscape** and can be mapped out.

Emotions are classified as **high or low energy** and **positive or negative**. Emotions activate a branch of your nervous system called the **autonomic nervous system**, which is in charge of the automatic functions in your body not controlled directly by your conscious brain. There

are two branches to your autonomic nervous system - **sympathetic and parasympathetic**.

The high energy emotions, related to a degree with emotional excitement, are associated with your sympathetic nervous system and the neurotransmitter **adrenaline**. The sympathetic nervous system has the role of protecting you from real or perceived danger and maintaining homeostasis.

The low energy emotions are associated with your parasympathetic nervous system and a neurotransmitter you probably haven't even heard about called **acetylcholine**. The parasympathetic nervous system is involved with digestion, reproduction, rest, and repair.

Stress and negative emotions result in the production of **cortisol** which can be damaging to your body when it's over produced. It also inhibits **DHEA**, generally associated with positive emotions, growth and repair, and protection from disease.

The chart on the next page depicts examples of emotions mapped out on an emotional landscape grid. The hormones and neurotransmitters associated with the emotional scale are depicted as well.

Use the blank *Emotional Landscape* grid found on the page following the sample to assess which emotions you experience on a regular basis. Mark them on the appropriate part of the grid. Observe where you spend the most time and if it's not on the positive side, balanced between high and low energy, use the techniques you've learned in this program to shift it.



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Emotional Landscape Sample

**Sympathetic Nervous System
(Fight/Flight - Adrenalin)**

Cortisol	High Energy Negative Emotions <ul style="list-style-type: none"> • Rage • Anger • Frustration 	High Energy Positive Emotions <ul style="list-style-type: none"> • Exhilaration • Passion • Bliss 	DHEA
	Low Energy Negative Emotions <ul style="list-style-type: none"> • Depression • Apathy • Powerlessness 	Low Energy Positive Emotions <ul style="list-style-type: none"> • Tranquility • Peacefulness • Calm 	

**Parasympathetic Nervous System
(Feed/Breed, Rest/Digest - Acetylcholine)**

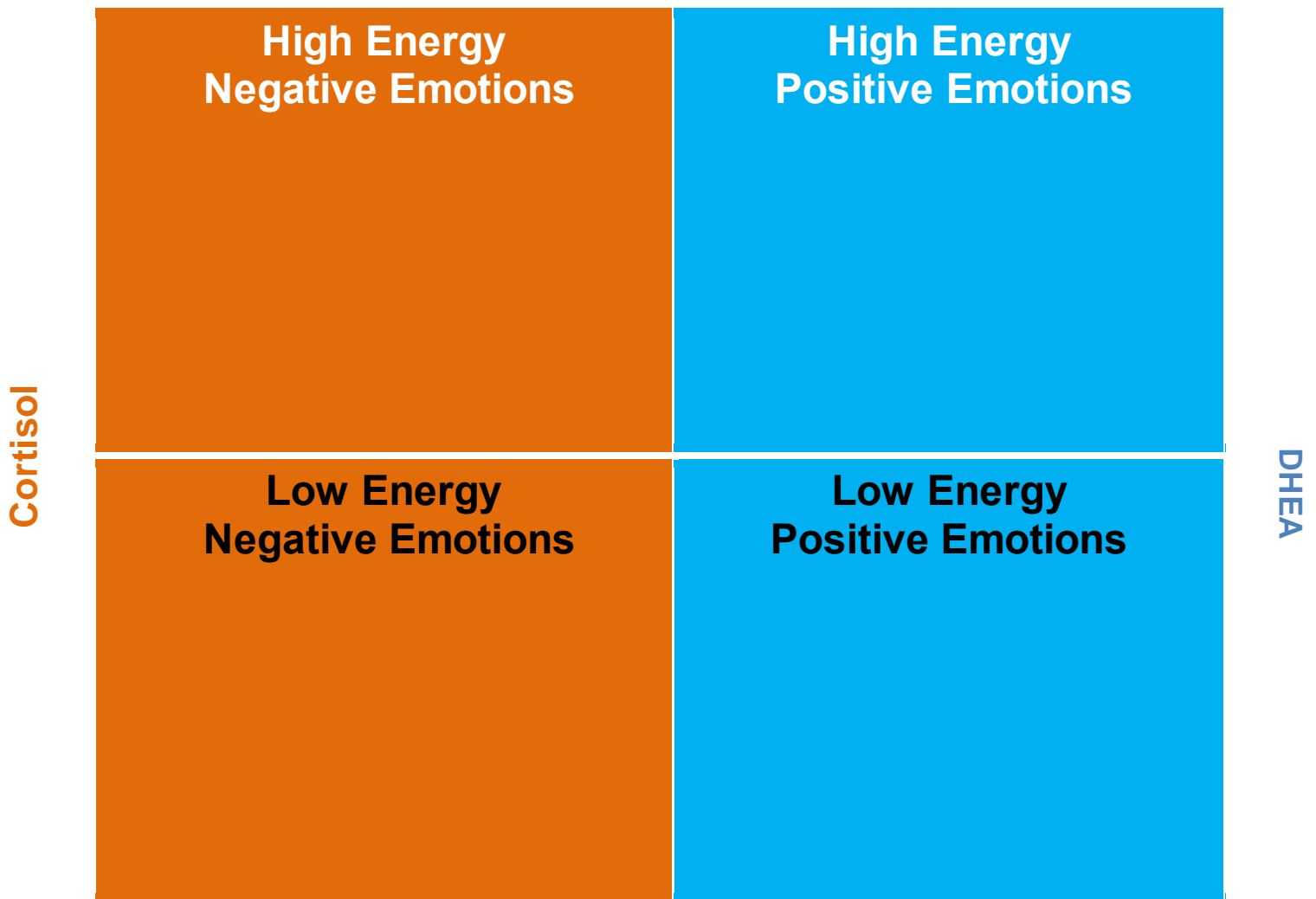


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Personal Emotional Landscape

**Sympathetic Nervous System
(Fight/Flight - Adrenalin)**



**Parasympathetic Nervous System
(Feed/Breed, Rest/Digest - Acetylcholine)**