



Close your eyes,
Take a breath,
Inhale calm,
Exhale stress.

Mindfulness@porthcawlu3a.org

Socrates tells us...
**'The unexamined life is
not worth living'**

Jaci & Jeff
YMCA, first and third
Tuesday, 1.30 – 3.30 pm

Energy zappers and enhancers

"You could have cut the air with a knife"
Good or bad 'vibes' What do these sayings even mean?

♥
Protect your
energy.
for it is the most
valuable currency
you possess."

THIRTYANDBEYOND.COM

Could it be that we usually consider air to be free and easy, we follow it in mindfulness as an anchor to the present moment or to relax, therefore usually a pleasant atmosphere. Consider when you've just entered a room, it's silent and everyone turns around and looks at you, and you sense immediately that the atmosphere is tense and you have an impression that everyone is holding their breath, then the air is like a physical presence, unfree and heavy to breathe, everyone waiting to see what's going to happen next. Or you could be in a happy environment, and someone does or says something that embarrasses people, a tenseness comes into the room while everyone holds their breath in anticipation of what might happen next... hopefully someone laughs, and the air becomes free and easy again?

Technically it's a physiological explanation to do with the fact that in tense situation, we hold our breath. Quora tells me it derives at least from the end of the 19th century and refers to unspecified positive and negative intuitions.

Personally, I think it came from the Beach Boys song - good vibrations 😊

Taken from Neurology live website because for me it was the easiest explanation I could find that I understand!

References:1. de Groot JH, Smeets MA, Kaldewaij A, et al. [Chemosignals communicate human emotions](#). *Psychol Sci*. 2012; 23:1417-1424.

2. de Groot JH, Smeets MA, Rowson MJ, et al. [A sniff of happiness](#). *Psychol Sci*. 2015;26:684-700.

The perception of good vibes and bad vibes is among the most difficult human experiences to define. The feeling that something "feels right" or that something "just isn't right" has been attributed to factors ranging from strong instincts to subconsciously picking up on subtle facial expressions and vocal tones. Both explanations lie in the brain's ability to cognitively process a variety of sensory inputs to reach a conclusion.

Unexplained good and bad vibes

Although there are cognitive explanations for why people pick up on negative or positive environmental cues, there are still unanswered questions about why some places seem to have a positive "something" while other places seem to have a corresponding, yet illogical, negative "something." For example, people may judge a room, a house, or an office as a comfortable space (i.e., environment), promoting overall emotional stability or productivity. Similarly, there are places that are considered by many to be unproductive or unhappy. Moreover, there is a common human experience of learning that an environment one has deemed good or bad with too little evidence indeed turned out to be an environment that was filled with correspondingly positive or negative events in the past.

The science of this phenomenon is the study of emotional residue, which explores whether an environment inherently "contains" left over evidence of previous emotions. Interesting research suggests that the nervous

system can pick up on chemical signals in a physical space that may ultimately have something to do with that feeling of good or bad vibes.

Chemicals and their effect on human emotions

It turns out that chemo signals, which are present in sweat and tears, can remain in the surrounding environment. Several experiments describe the human response to these signals, even in the absence of contact with the original source of the signals.

Findings from a study in the Netherlands indicate that chemo signals produced by individuals who felt fear generated an interesting reaction among volunteers who were exposed to the chemosignals.¹ The volunteers began to search for the signals through sniffing and eye scanning and developed their own fearful facial expressions. In the same experiment, exposure to chemo signals produced by individuals who felt disgust generated a disgusted facial expression and avoidance of the signals as measured by eye scanning and sniffing. A later experiment, also involving healthy volunteers in the Netherlands, found that exposure to body odour collected from people who reported a happy state induced happiness in the exposed participants.²

The exact route of how these chemical signals are processed in the human brain is yet to be determined. Interestingly, while these studies suggest that the response takes place quickly, it is not clear exactly how long the effect of the chemo signals last and whether the emotional residue can be “shaken off.”

Social impact of others' emotions

The phrases “good energy” and “negative energy” are common, yet the root of these perceptions is mysterious. Whether the conclusions come from biased snap decisions, or they are fundamentally accurate reflections of the environment is unclear. But growing evidence suggests that human emotions may be not only contagious, but may stay behind in the environment, potentially infecting or brightening surroundings even after the producer of that emotion has physically moved to a new location.

Mindfulness helps you to understand when your energy in being zapped or enhanced.

We've talked about how/what the effects of emotions can cause to our body, mind and wellbeing, now let's think about how we can cope and move from personal energy crisis. On the surface, your life seems full enough—maybe even too full—yet you're running on empty. You feel stretched thin, stressed-out, drained. How many of us have gone through phases of feeling "I feel tired all the time," and "Why do I feel so yuk" Once possible physical causes of fatigue have been ruled out (a crucial first step), many doctors diagnose mild depression and reach for the prescription pad.

But is this really depression—or just depletion? And why do some people always have energy?

We've already spoken about identifying and locating emotion physically, witnessing it through mindful meditation in a non-judgemental way and how living in joy, awe and gratitude helps us to live in peace and balance, here's some of my thoughts on how we can try and overcome energy zappers and replace them with energy enhancers.

1. Energy drain: Other people's expectations

Are you living someone else's dream for you? You're putting out energy but starving emotionally. The other person gets all the satisfaction.

Energy move: Declare independence

You bought in; you can set yourself free. No confrontation needed, just "I don't have to expect that of myself." Worst-case scenario: Someone who's not you will be disappointed. You will feel wonderful.

2. Energy drain: Loss of self

As kids, we had to play by the rules; our unique energy got caged.

Energy move: Personalise your life

Ask yourself, if it were up to me, what would I... hang on my wall? Wear? Do for fun? Find the pockets of freedom where you can be more yourself.

3. Energy drain: Deprivation

Duties and responsibilities fill your days. Do you feel frazzled and possibly turn to chocolate or alcohol or do things like over exercise trying to relax trying to get extra emotional energy.

Energy move: Add pleasure, beauty, fun and gratitude.

Satisfying experiences, large and small, are the real nourishment you crave. Plan a **big** treat to look forward to - and a **little one every day** and remember to smile, it's infectious!.

4. Energy drain: Envy

We often don't feel envy directly—but we might find someone else's good fortune depressing.

Energy move: Count your blessings

Comparison is a loser's game. Look at what you have and actively feel grateful. P.S. That person you envy—you don't know how messy their life might really be. Chances are you wouldn't want it if you had it!

5. Energy drain: Worry

When you worry, you think you're dealing with things, but you're just suffering. Worry never comes up with good ideas. It torments and exhausts us.

Energy move: Get going

Action is the cure for worry. Do one thing that brings you a step closer to coping. If it's the middle of the night, get up and write a to-do list or put your worry into a bubble or a cloud in your mind and send it out to the ether, your answer might be there when you wake up 🙌.

6. Energy drain: Unfinished business

Unmade decisions and postponed projects drain you.

Energy move: Do it or dump it

Forget the perfect decision—just trust yourself and make a choice. Put projects in an appointment book. If you can't find any good time, that's a signal you don't want to do it. So don't!

7. Energy drain: Overcommitment

You're always saying "yes"—at our time of life we probably don't have a boss, but we might do volunteer work, and when someone asks us to do something we often feel obliged to say 'yes' but sometimes it can be family or friends who can overload us, and then there's the people who confuse our kindness for weakness, this can add a whole extra dimension to overcommitment!

Energy move: Say "yes" to yourself

Tell someone else "no" occasionally. You'll gain a whole new sense of your ability to take care of yourself. Some might confuse this with selfishness, but if you don't look after yourself, how can you assist other people in a healthy way? If you have friends or acquaintances who continually drain your energy every time you meet, then perhaps it's time to re access the friendship/s, possibly it's become very "one sided"

8. Energy drain: Holding on to loss

Fresh loss is an emergency. But sometimes old losses we can't let go of are dead weight.

Energy move: Cry all your tears

Indulge in big-time mourning. Take time off from everyday life, stay in bed, and do nothing but cry till you're dry—and bored, or whatever you feel you need. Then go out and embrace a new way of life, because sometimes your life will never be the same again. We all experience life in our own way and we'll experience grief in our own unique way, so be kind to yourself.

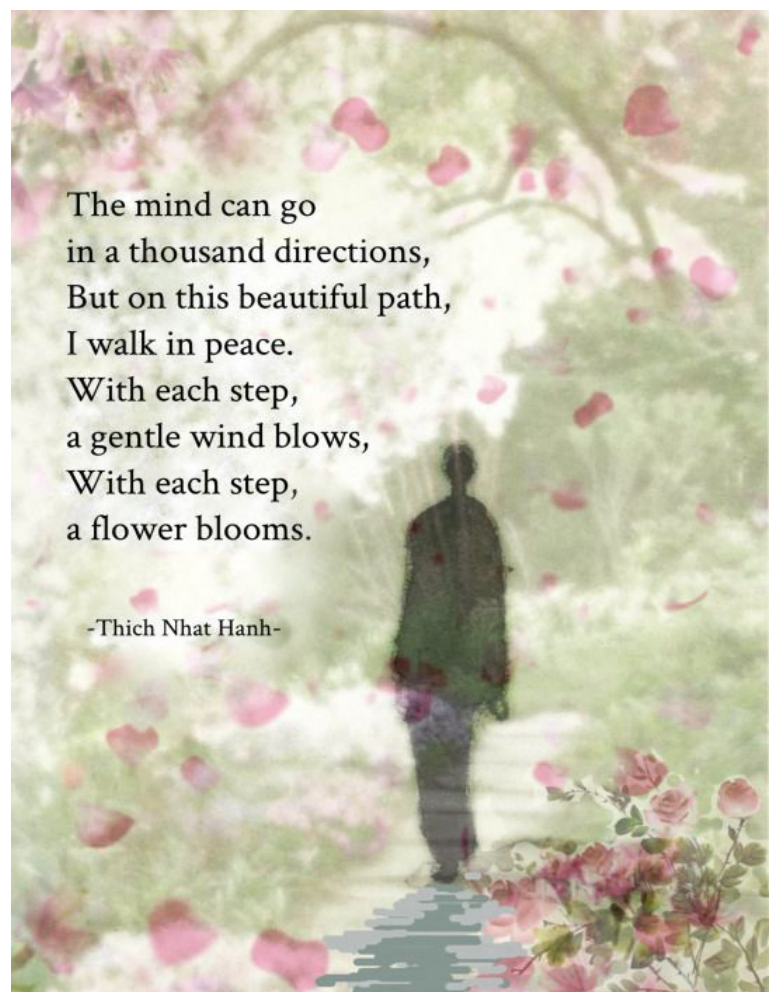
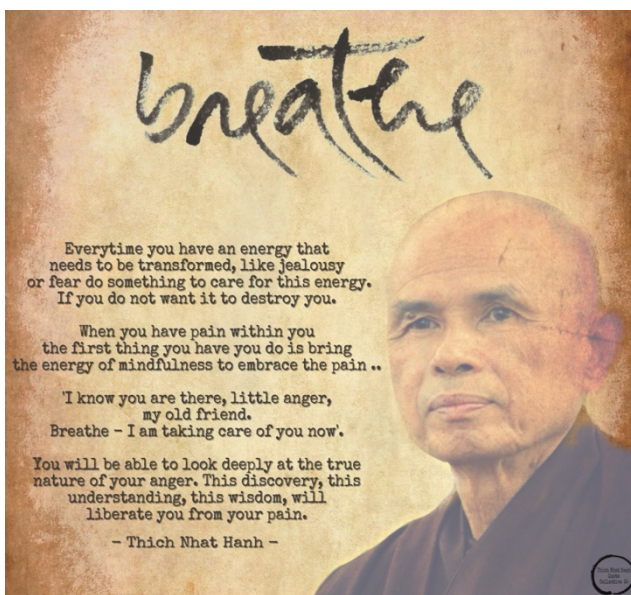


Pause for thought Be you own best friend, crying can also release anger or frustration but often we're afraid of showing this in public because it's frowned upon in our society, but don't be afraid of showing your emotions, even in public; good friends, family and empathetic people understand we all have our own coping methods and will support us, as we should support them with their coping mechanisms, this makes for a healthy, open, two-sided relationship..... and do the rest really matter?

Last thing, if we don't share the tribulations that living a life can cause us with our friends, family and peer group, especially when it's all got a bit on top of us and we're a bit lost in the wilderness, how can, what is effectively our support group, help and support us, and if they don't share their issues with us, how can we reciprocate if it's all bottled up and hidden away from the world and your/our support group in particular?



Sometimes energy vibrations aren't enough if we know how to hide behind various 'faces' until sometimes in the end we just break.



Too many people think that the grass is greener on the other side. But remember that grass is greener wherever you decide to water it.

Peace does not mean to be in a place where there is no noise, trouble, or hard work. It means to be in the midst of all those things and still be calm in your heart.

With love and hugs, Jaci 18th February 2025.