

362: Dancing With Negative Emotions

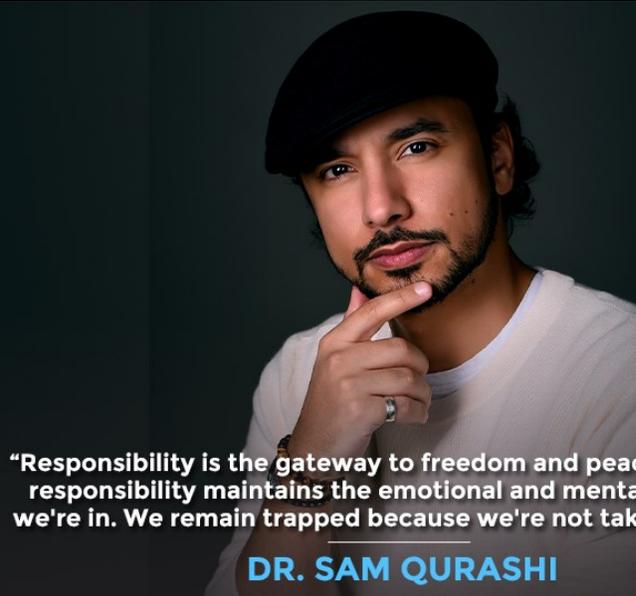
10 Point Checklist

Dr. Sam Qurashi

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Responsibility is the gateway to freedom and peace. Avoiding responsibility maintains the emotional and mental paralysis we’re in. We remain trapped because we’re not taking action.”

DR. SAM QURASHI

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- If undergoing grave emotional distress, consult with an expert clinical physician before taking any actions based on the tips listed below and what was discussed between Stephan Spencer and Sam Qurashi on this Get Yourself Optimized episode.
- Be more in tune with my body. Listen and don't ignore its subtle hints. When an area in our physique demands our *attention, something is at tension in our lives*.
- Observe a prescription drug's side effects whenever under medication. It's important to identify these symptoms and determine if they are worth taking.
- Explore my options with my physician/psychiatrist. Work together with them to become better and eventually heal permanently.
- Aim to shorten the duration of medication. Consult with a physician on how long I should take medication and if this is something I am willing to get in the long term.
- Don't get stuck inside the box of just traditional psychology. Instead, explore the teachings of unorthodox psychologists such as Wim Hof, James Brown, etc., to gain more insight into what I am dealing with. There is plenty of information out there.
- Practice breathing techniques that help lessen tension in the body. The number one factor in having a disease is not having enough oxygen.
- Avoid suppressing my emotions. Numbing the pain doesn't solve the problem. It's not even a temporary solution.
- Enforce my boundaries. Don't say yes when I mean no. Prioritize my mental health above the approval of others.
- For uplifting, life-saving and thought-provoking ideas, follow Sam Qurashi on [Instagram](#) and [Youtube](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/dancing-with-negative-emotions-with-dr.-sam-qurashi/>