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[Subject]

[Date]

Motivation and Emotion

Over-arousal is not healthy for the mental and physical health of an individual. The people who are overly aroused cannot effectively cope up with the stressors, either stay focused or in control. It makes the mind and body of a person very restless. The physical symptoms of over-activation of arousal can be seen through sweating, muscle tightening, pounding heart, frequent urination, hyperactivity and dilated pupils. The effect on cognition can be perceived when a person is in continuous anxiety, frustration, and negative self-talk, with diverted attention and focusing on wrongdoings. Therefore, an overly aroused person needs to reduce the anxiety and relax and the best relaxing techniques are based on cognitive and somatic techniques.

The cognitive technique is used to relax the mind of a person and it is the response which is taught to an individual for hushing the irrational thoughts and increases the concentration level, along with reducing the muscle tension by the application of relaxation techniques like meditation. Meditation is a good technique for reducing anxiety, tension, panic anger etc. It is a spiritually focused way of reducing emotional arousal. This technique is best for soothing the mind, as it eliminates the subjectivity and optimism and induces positive thoughts in the mind.

The other technique is progressive muscle relaxation technique and it is related to somatic ways of reducing tension from the body of a person. It is mostly used by the behavioural therapists and it is known as the most effectively structured way of relaxing the group of muscles in a body. It occurs basically in four main steps; preparation of body position in a calm environment, tightening and relaxation of muscles, and lastly tensing each muscle while breathing slowly and deeply. Hence, these two techniques are best for the people who experience high emotional arousal on a daily basis. The other techniques may involve the stress-coping mechanism and problem-focused.