

Managing Emotions and Difficult Feelings: Emotion regulation, stress management, self-care

Available in ENG, JP, VN, YUE, ZHS


Understanding and expressing emotions is more crucial than many realise. While emotions play a beneficial role in daily life, they can impact your emotional wellbeing and relationships when they become overwhelming. This campaign aims to provide employees with practical tools and strategies to manage their emotions effectively, both in workplace and everyday scenarios.

How to use: Copy the text below and attach the image as shown. Edit the text in red and delete the yellow highlighted text. Send over chat (e.g. Teams, Slack, etc.) to your whole organisation. You may also include this in your company-wide newsletter.

New! Add to your organisation's intranet: [Banner](#) - Once this has opened up in a new tab on your browser, **right click the image** then select "Save image as" to save the image.

Suggested send date: 5 August 2024

ENG

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<p>🗨️ Emotions such as joy, fear, sadness, and anger (think those characters in Disney's Inside Out) serve as vital signals, guiding our actions and helping us navigate life. It's completely natural to experience both positive and negative emotions, as they assist in communication, motivation, and understanding situations.</p> <p>However, emotions can sometimes overwhelm us, especially during intense moments, leading to unhelpful thoughts and behaviours. Our wellbeing benefit, Intellect, provides four effective methods to regulate these emotions and difficult feelings.</p> <p>For more comprehensive learning on these strategies, explore the "Emotional Regulation" Learning Path within the Intellect platform and work with a professional to guide you.</p> <p>If you haven't already, head over to Intellect Web (please hyperlink here) on your desktop, sign up with your work email address and use the code [CODE]/ continue with SSO (delete the non-applicable one) to create an account or log in.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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JP

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<p>😊喜び、恐れ、悲しみ、怒りといった感情(ディズニー映画『インサイド・ヘッド』に登場するキャラクターを思い浮かべてほしい)は、私たちの行動を誘導し、人生をナビゲートしてくれる重要な信号です。ポジティブな感情もネガティブな感情も経験するのはまったく自然なことで、コミュニケーションやモチベーション、状況理解に役立つものです。</p> <p>しかし、感情は時に私たちを圧倒し、特に激しい時には役に立たない考えや行動につながる場合があります。福利厚生サービス「Intellect」は、このような困難な感情を調整するための4つの効果的な方法を提供しています。</p> <p>これらの方法を学ぶために、Intellectアプリ内の「感情コントロール」の学習コースを探索し、専門家によるコースを学びましょう。</p> <p>まだの方は、デスクトップからIntellect Web(please hyperlink here)にアクセスし、職場のEメールアドレスでサインアップし、コード[CODE]/ continue with SSO(delete the non-applicable one)を使用してアカウントを作成、またはログインしてください。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The screenshot shows a yellow-themed interface for the Intellect app. At the top, it says 'intellect' with a logo. Below that, the title is '感情をコントロールする 簡単な4つのステップ' (Controlling Emotions: 4 Simple Steps). There are four circular icons representing different emotions: happiness (喜び), anger (怒り), sadness (悲しみ), and fear (恐れ). Below each icon is a corresponding illustration of a person in a state of that emotion. Underneath the illustrations are four numbered steps with descriptions in Japanese. Step 1: '感情に名前をつける' (Label your emotions). Step 2: '体を落ち着かせる' (Calm your body). Step 3: '思考を管理する' (Manage your thoughts). Step 4: '感情の回復力を高めるために行動を修正する' (Adjust your actions to improve emotional resilience). At the bottom right, there is a button that says 'app.intellect.co'.</p>

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VN

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<p>🗨️ Những cảm xúc như vui vẻ, sợ hãi, buồn chán và giận dữ (hãy nghĩ về những nhân vật trong phim Inside Out của Disney) đóng vai trò là những tín hiệu quan trọng, hướng dẫn cho hành động của chúng ta và giúp chúng ta điều hướng cuộc sống. Việc trải nghiệm cả những cảm xúc dễ chịu và khó chịu là hoàn toàn tự nhiên, vì chúng hỗ trợ trong việc giao tiếp, tạo động lực và giúp ta thấu hiểu các tình huống.</p> <p>Tuy nhiên, thỉnh thoảng thì những cảm xúc có thể khiến chúng ta choáng ngợp, đặc biệt là trong những lúc căng thẳng, cảm xúc có thể khiến chúng ta có những suy nghĩ và hành vi không hữu ích. Một phúc lợi sức khoẻ của chúng ta là Intellect đã cung cấp bốn phương pháp để điều hoà những cảm xúc khó khăn này.</p> <p>Để có những hiểu biết đầy đủ về những chiến lược này, hãy khám phá Lộ trình học tập "Điều hoà cảm xúc" trong nền tảng Intellect và làm việc cùng với một chuyên gia để hướng dẫn bạn.</p> <p>Nếu bạn chưa làm điều này, hãy đi đến trang web của Intellect (please hyperlink here) trên máy tính bàn của mình, đăng ký bằng email công việc của bạn và sử dụng mã [CODE]/ tiếp tục với SSO (delete the non-applicable one) để tạo một tài khoản và đăng nhập.</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p> 

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YUE

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<p>不同的情緒像喜悅、恐懼、悲傷和憤怒(就像迪士尼電影《玩轉腦朋友2》中的角色)都是重要的信號, 引導我們的行動, 幫助我們應對生活。自然而然地, 我們會體驗到正面和負面的情緒, 因為它們有助於溝通、激勵和理解各種情況。</p> <p>然而, 情緒有時會壓倒我們, 尤其是在激越的時刻, 會導致無益的想法和行為。我們的健康福利夥伴 Intellect 提供了四種有效的方法來調節這些情緒和困難的感受。</p> <p>欲想更全面學習這些策略, 請探索 Intellect 平台中的“情緒調節”學習路徑, 並與專業人士合作指導您。</p> <p>如果您還沒有建立帳戶或登入, 使用您的電腦桌面上前往 Intellect 網站 (please hyperlink here), 使用您的工作電子郵件地址註冊並 使用代碼 [CODE]/ 繼續SSO (delete the non-applicable one) 建立帳戶或登入。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The infographic is titled "intellect 調節你的情緒 四個簡單步驟". It features four circular icons representing different emotions: 喜悅 (Joy), 憤怒 (Anger), 悲傷 (Sadness), and 害怕 (Fear). Below these are four numbered steps: 1. 第一步: 認知你的情緒 (Recognize your emotions), 2. 第二步: 使身體平靜 (Calm your body), 3. 第三步: 管理你的想法 (Manage your thoughts), and 4. 第四步: 改變行為以建立情緒韌性 (Change behavior to build emotional resilience). Each step includes a brief description of the technique. A blue button at the bottom right says "app.intellect.co".</p>

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ZHS

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<p>不同的情绪比如喜悦、恐惧、悲伤和愤怒等(就像迪士尼电影《头脑特工队2》中的角色), 作为重要的信号, 它们在指引我们的行动并帮助我们应对生活。我们体验到正面和负面的情绪都是很自然的事, 因为它们有助于沟通、激励并理解各种情况。</p> <p>然而有些时候情绪会压倒我们, 尤其是在一些非常紧张的时刻, 它们会导致一些无益的想法和行为。我们的身心健康福利伙伴 Intellect 提供了四种有效的方法来调节这些情绪和困难的感受。</p> <p>如想更全面的学习这些策略, 请探索 Intellect 平台中的“情绪调节”学习路径, 并与专业人士合作来帮助您。</p> <p>如果您还没有建立帐户或登入, 请使用您的电脑桌面上前往Intellect 网站 (请在这里插入超链接), 使用您的工作电子邮件地址注册并使用代码 [CODE]/ 使用SSO来继续 (删除不适用的一项) 建立帐户或登入。</p>	<p>Select either the PNG version or GIF version. Once this has opened up in a new tab on your browser, right click the image then select "Save image as" to save the image.</p> <p>PNG version GIF version</p>  <p>The infographic is titled "intellect 调节您的情绪 只需4个简单步骤". It features four circular icons representing emotions: Joy (喜悦), Anger (愤怒), Sadness (悲伤), and Fear (恐惧). Below the icons are four numbered steps: Step 1: 说出你的情绪 (说出你感受到的情绪贴个标签...); Step 2: 让身体平静下来 (练习深呼吸或基础练习...); Step 3: 管理你的想法 (把你的情绪想象成一列不停歇的火车...); Step 4: 改变行为以增强情绪韧性 (立即与Intellect专业人士预约...).</p>