

# Emotion Regulation: Managing Our Emotions at the Workplace and in Everyday Life


## Key Takeaways

1

### Importance of Emotion Regulation



**Plays a part in overall mental & physical wellbeing**



**Enables responding with the appropriate behaviour**



**Improve relationships & reduce negative social repercussions**

2

### Tips and Strategies for Emotion Regulation

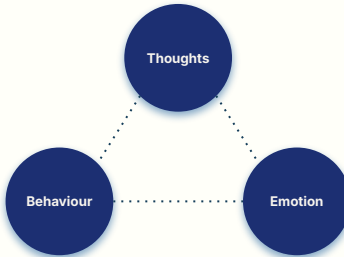
**Modify the situation**

Know what triggers you (e.g. people, certain conversations, types of routine/actions)

↓




Redefine how you could move away from the triggering situation

**Reframe your thoughts**



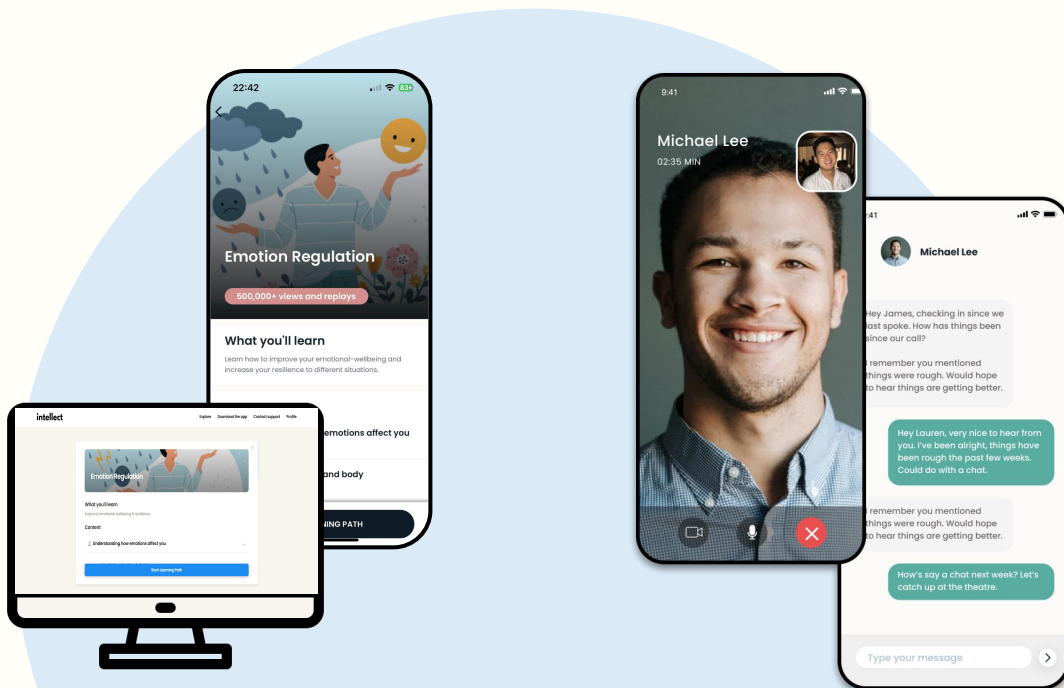
How we think, feel and act are often interconnected

**Practice mindfulness**

-  Five Senses Grounding Exercise
-  Progressive Muscle Relaxation
-  Visualising a Calming Place

# From Insight to Action: Put Your Skills to Work Today!

*Get support in your emotion regulation journey with immersive self-guided learning modules and 1:1 coaching support*



## Emotion Regulation Learning Path

Learning modules designed to empower you with the skills to navigate your emotions effectively

## 1:1 Coaching

Discuss with your coach on "how to navigate your emotions more effectively"

Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

