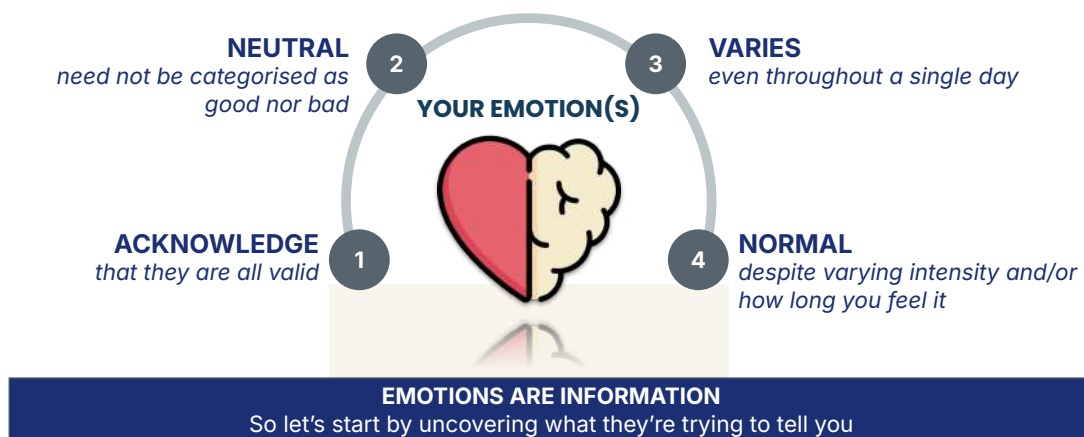


Emotion Regulation: Managing Our Emotions at the Workplace and in Everyday Life

Key Takeaways

1

The Good News about Emotions



2

The Benefits of Emotions



GIVES YOU INFORMATION

Helping you seek understanding with yourself through the language of your body through a signal, "gut feel" or intuition



HAS SOME PURPOSE

Suppressing emotions and treating it as useless and disturbing can lead to problems



A FORM OF MOTIVATION




Using the energy from emotions to drive your self awareness towards change helps you understand its purpose

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

Key Takeaways

3

Emotional Triggers Activate Our “Survival System”

Response	How it shows up	Examples
 Fight	Anger, frustration	Arguing, pushing back, being defensive
 Flight	Avoidance, withdrawal	Ignoring, withdrawing, avoiding conversations
 Freeze	Stuck, unsure	Shutting down, going blank in meetings, going quiet

4

Importance of Emotion Regulation



Plays a part in overall mental & physical wellbeing



Enables responding with the appropriate behaviour



Improve relationships & reduce negative social repercussions

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

Key Takeaways

5

Tips and Strategies for Emotion Regulation

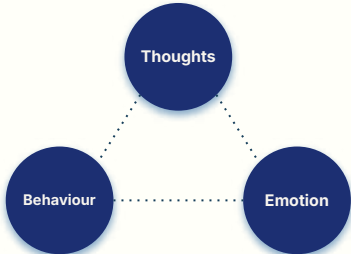
Modify the situation

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

Need a bit more help?

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.

