**Managing Strong Emotions**

**Date:** Thursday, May 1, 2025

**Time:** 10:00 AM – 11:00 AM ET

**POC:** Marla Giscombe (marla.a.giscombe@nasa.gov)

**Host:** GSFC EAP, Federal Occupational Health

**Speaker:** Desiree Antonacci, lcsw-C, LICSW

In this interactive presentation, participants will reflect on their own experiences when situations led to strong emotional reactions and get tips on how to best navigate these scenarios. Additionally, there will be a discussion about how to manage and control behavior when emotions are triggered and leave the presentation with strategies to maintain a professional demeanor and outlets to de-escalate and self-soothe themselves.

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