



MANAGING STRONG EMOTIONS

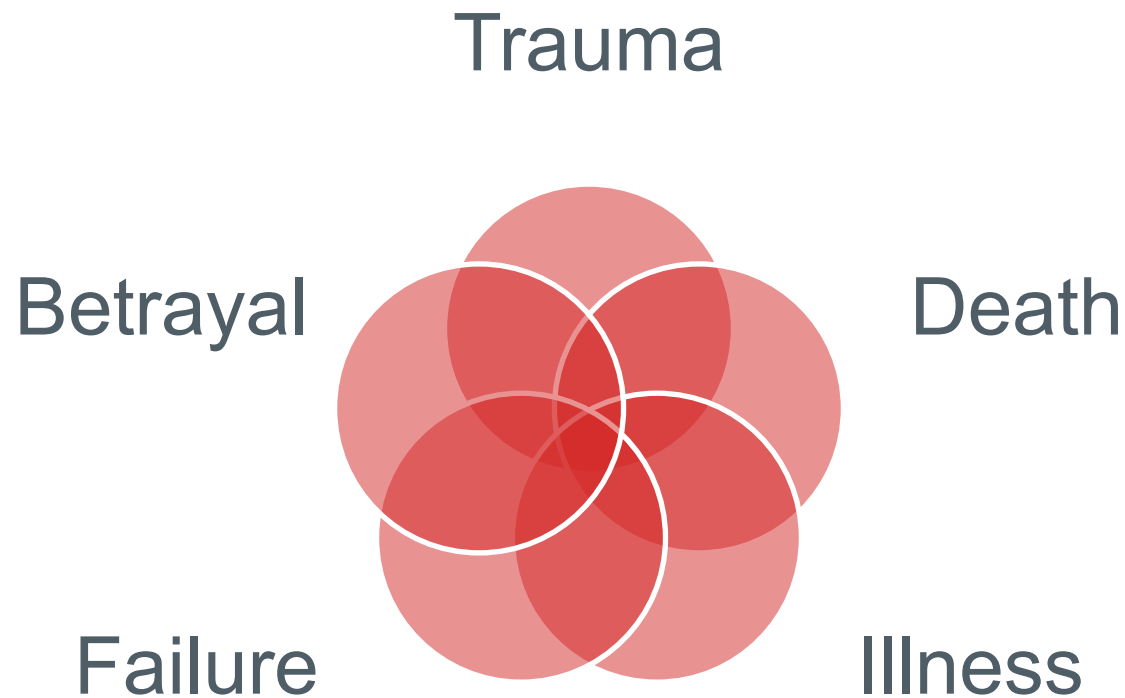
A HEALTH AND WELLNESS PRESENTATION
FROM YOUR EMPLOYEE ASSISTANCE
PROGRAM

STRONG EMOTIONS



TO BE EXPECTED.....

Strong emotions are natural and normal during times of crisis such as:



IDENTIFY:

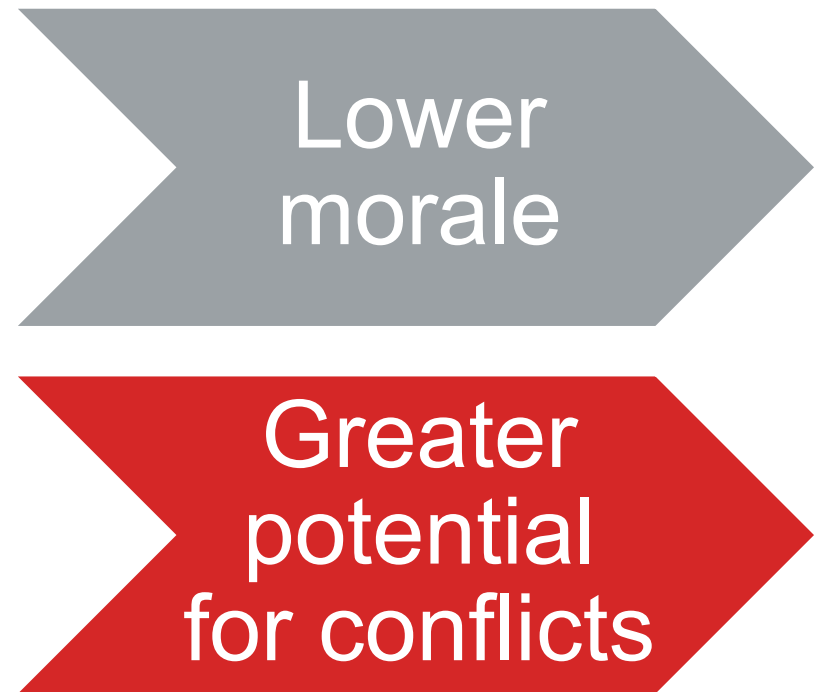


IMPACT OF UNMANAGED EMOTIONS IN THE WORKPLACE

Individual:



Team:



AVOID . . .

Saying and doing things that you will regret, such as:

				
Over-eating	Spending money	Drinking alcohol	Using drugs	High-risk behavior

DISTRACTION

Takes the “edge off”

Not an escape or denial of the feeling

Eventually return to the feeling, but the intensity has reduced

Examples:

Breathing exercises

Chores

Movies

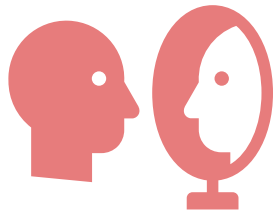
Hobbies

Exercise

Mindfulness or meditation

Napping

Games



REFLECTION

When you've needed to take a time out, what did you do?

SELF-SOOTHE

Get in touch with your senses



Taste

Sucking on hard candy, chewing gum, or sipping herbal tea



Sight

Watching a peaceful scene or purposefully looking for colors



Sound

Listening to calming music



Touch

Soaking in a warm bath, stretching, or playing with a pet



Smell

Inhaling relaxing scents like lavender

CONSTRUCTIVE COMMUNICATION

1

Use "I"
statements

2

Recognize
signs of
escalation
and pause

3

Focus on
solutions

SUMMARY

Managing our emotions:



Keeps our mind and body healthier and calmer



Gives us a higher self-confidence



Allows us to get along better with others



Grants us better career advancement

THANK YOU



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