

EMOTION REGULATION

Core skills for growing leaders

Emotions in everyday life

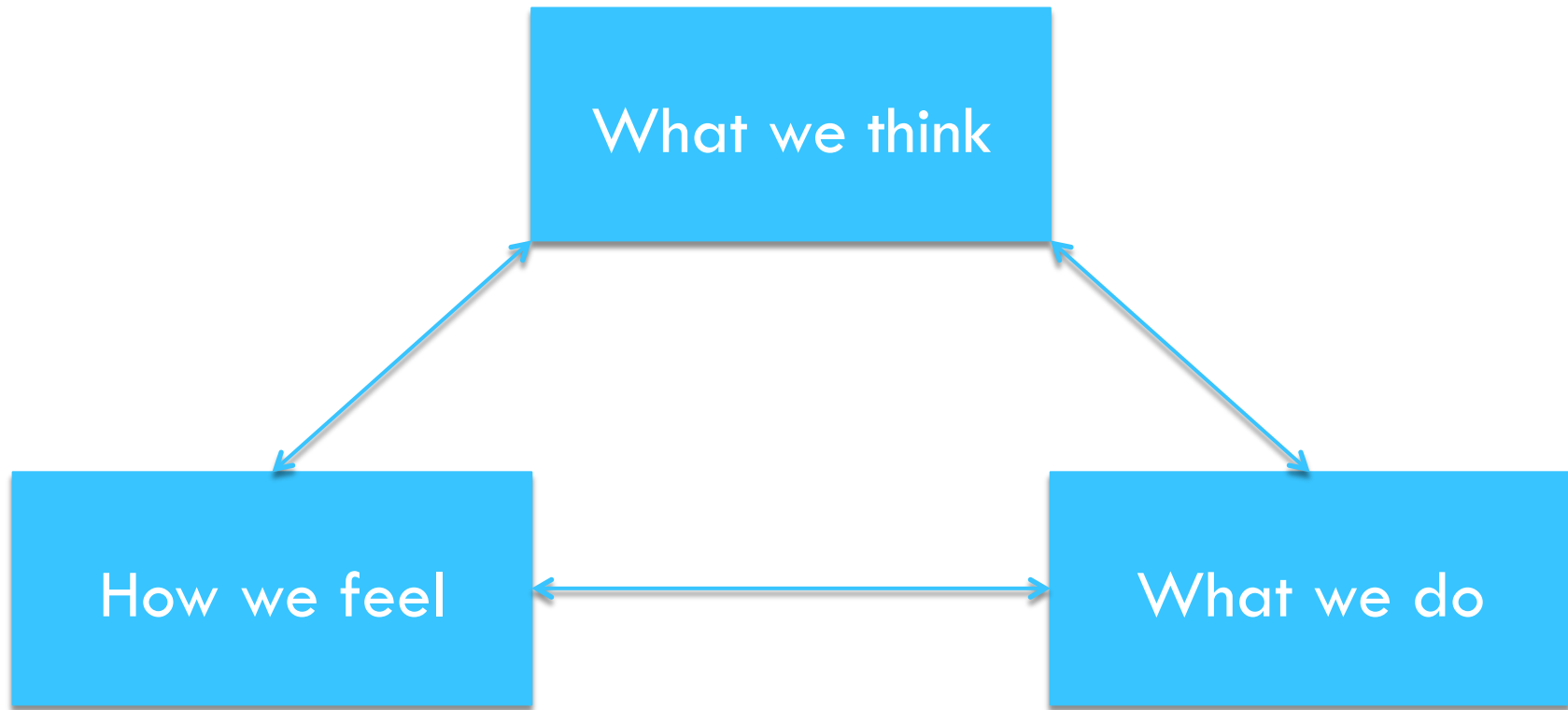
- Emotions as signals with purpose
 - ▣ Motivate you to do certain things
 - ▣ Inform social interactions
- *What you **feel** is okay, but how you **act** can make things better or worse*
- “Moods” versus emotions
 - ▣ Moods may last longer than emotions
 - ▣ Moods describe the “tone” of emotions
 - ▣ Moods, like emotions, can color how we experience things

Emotion Awareness

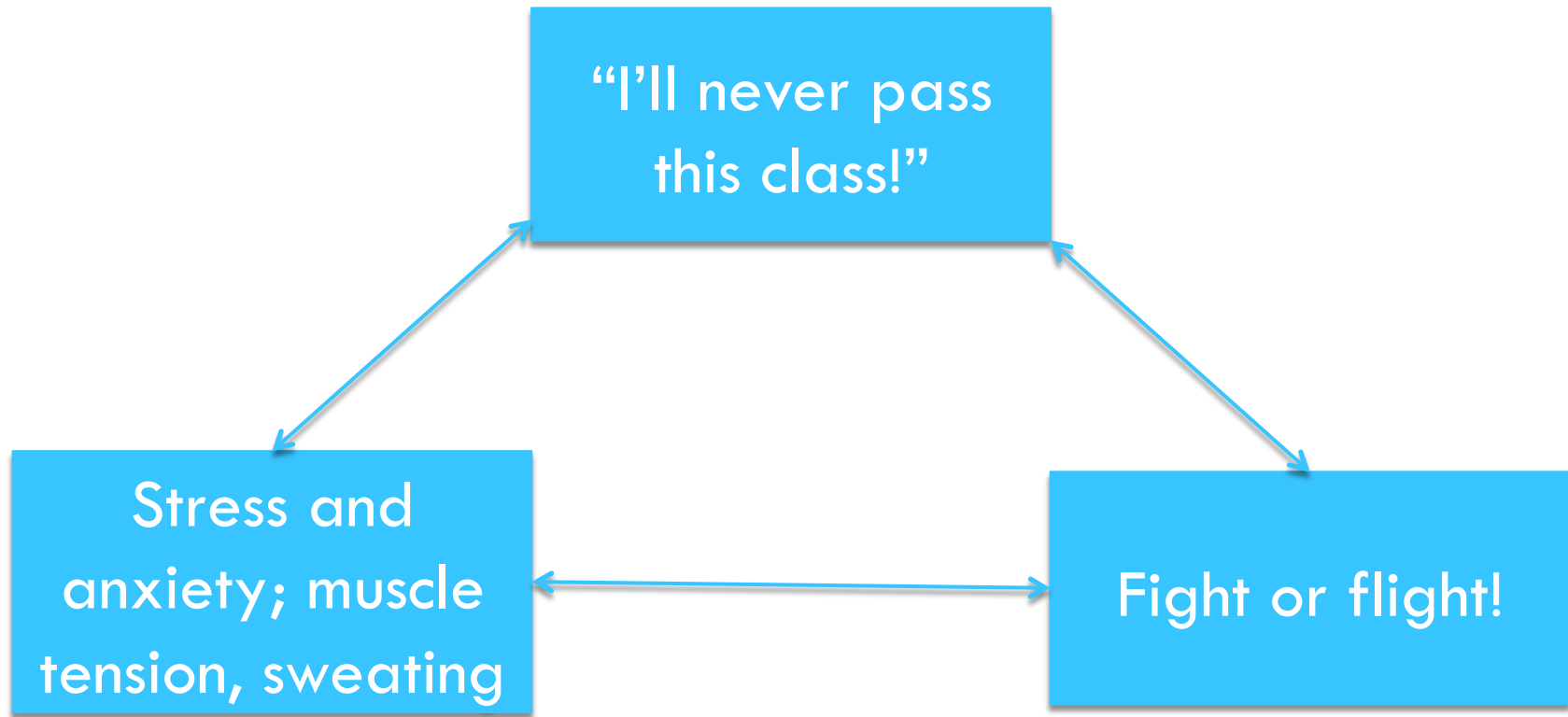


- Having *insight* into **your own emotions**:
 - Helps you understand your experiences
 - Helps you decide how to act
- Identifying *observed* emotions **in other people**:
 - Also helps you decide how to act
 - Includes understanding both *verbal and nonverbal* cues

Thoughts, Feelings, and Behaviors



Thoughts, Feelings, and Behaviors



Thinking flexibly

- Sometimes called *cognitive reappraisal*
- Looking at situations differently can change how we feel
 - Evaluate the thoughts that make us feel sad, angry, or nervous
 - “I’ll never pass this class!”
 - Come up with other thoughts for the same situation
 - “I can do it if I spend more time studying”, or “It’s early enough in the semester that I can still work to change my grade”

Quick calm



- Can help with “self control” or frustration tolerance
- Steps = YES
 1. Y = You’re in a peaceful place (Visualize)
 2. E = Ease your muscles (Relax)
 3. S = Slow your breathing (Deep from the diaphragm)