

**HANDLING EMOTIONS IN UNCERTAIN TIMES**



Sue Langley



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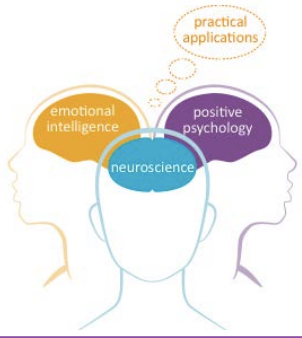
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**Approach**



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**Outline**

The session explores:

- How emotions influence us and assessing our current emotional response
- The impact of changes on our emotions and our ability to look after ourselves
- Developing skills to handle emotions as you experience them, rather than running away
- Strategies to handle anxiety, fear, concern and worry
- Awareness of the impact of denying emotions and longer term negative consequences



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Emotions?



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Impact and triggers

  <p><b>Happiness</b> - Gain something of value; things work out</p>	  <p><b>Anger</b> - Blocked from getting something; something / someone is getting in my way</p>
  <p><b>Sadness</b> - Lose something of value</p>	  <p><b>Fear</b> - Possible threat; physical or psychological</p>
  <p><b>Surprise</b> - Something unexpected is happening</p>	  <p><b>Disgust</b> - Rules are violated; something / someone is offensive to me</p>

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5

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Emotions

"Get comfortable with the uncomfortable emotions."  
- Sue Langley



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Habits?



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Brain and body basics



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Importance of fuel



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Refuel your brain

- Diet
- Sleep
- Exercise

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News anxiety

- Brain rewarded by drama
- Choose your news wisely
- Keep abreast of the situation
- Limit your time on the topic
- Restrict your social media input

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11

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Distancing

Physical distancing ≠ social distancing

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Getting stuff done and doing nothing

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13

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Getting stuff done and doing nothing



How do we sit with nothing to

- Practice mindfulness
- Sit with your thoughts
- Imagine and daydream
- Accept the emotion
- Allow the emotion to pass
- Electric shock treatment? ☺

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14

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Getting stuff done and doing nothing

How do we stay motivated at home and get work done?

- Follow a schedule – create new habits / routines
- Five minute take off
- Plan your day – 90 minutes on / 15 minutes off
- Music – choose wisely
- Find a hobby – challenge yourself
- Journal – express yourself
- Connect with others!



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Generate positive emotions?



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16

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Next steps

What will you take away from what you have learnt?

What are you going to do to apply this to your work and team?

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17

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Thank you!



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18

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