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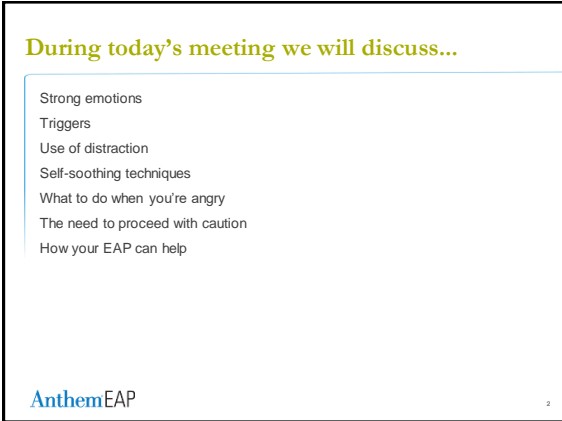
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## Strong Emotions

Have strong emotions ever gotten you into hot water?

Had you ever wished you responded differently?

Do you know the difference between responding and reacting?



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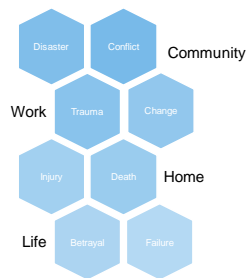
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## To be Expected.....

What types of situations might you expect strong emotions to emerge? At home and work.

Thoughts?



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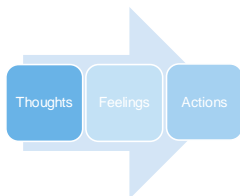
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## Triggers

Know your triggers



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## Distraction

Valuable tool that takes the "edge off" temporarily

It's not an escape

Eventually return to the feeling, but the intensity has reduced



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## What can I do to distract myself?

Focus on a project

Be creative

Count backwards

Engage in chores

Take a vacation

Entertain yourself

What about when you're at work?



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## Self Soothing Techniques

Using all senses

○ Touch

○ Taste

○ Sight

○ Sound

○ Smell

Practice Mindfulness



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## Anger - Talk It Out When the Time is Right

When calm, decide if the matter is worth addressing  
If so, pick a time and place  
Rehearse what you want to say  
Use "I messages"  
Speak in private  
Listen – really listen – avoid crafting your reply when the other person is speaking  
Remain calm and if at work act professionally  
Always be respectful whether at home or work

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## Caution

Don't let emotions get the best of you  
Learn to control your anger  
Saying and doing things that you regret

- Eating, shopping, drinking or drugs
- Any high risk behavior
- Yelling at coworkers, boss or customers
- Threatening others
- Hurting self or others



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## Takeaways

Benefits of controlling strong emotions at home and work?  
Thoughts?

Keeps our mind and bodies:

- Healthier
- Calmer

Gives us a greater self confidence  
Allows us to get along better with others  
Shows others you can keep it together when under pressure  
Think more clearly  
Offers an opportunity to respond instead of react

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*How EAP Can Help ...*

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- Child/Eldercare consultation & referrals
- Daily life resources
- ID theft recovery
- Free credit monitoring
- myStrength – Health Club for Your Mind
- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
  - Resources
  - Self assessments
  - Health/wellness library
  - Legal forms

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**Questions?**

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