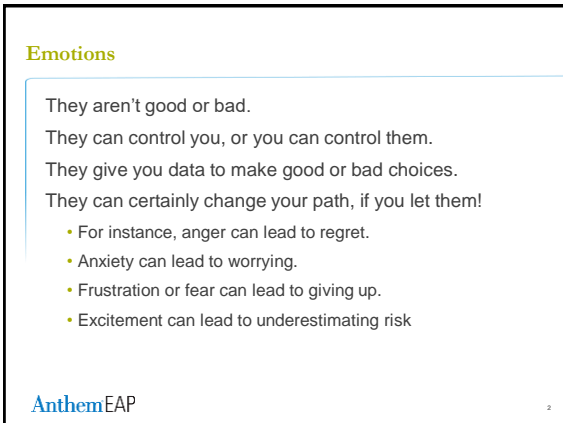
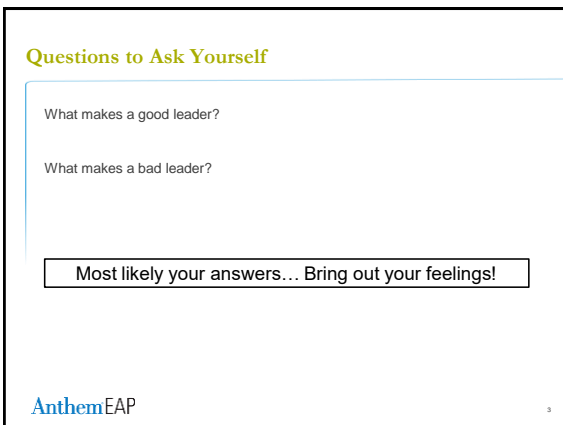




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Do you Know Yourself?

- On a scale of 1 (as low as it goes) to 10 (as high as it can be), **rank your confidence level.**
- What are your weaknesses?
- How do your words and actions effect others most often?
- Do you make situations better – most of the time, sometimes, or rarely?

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The Journey Begins

Four Primary Emotions

- Fear
- Surprise
- Anger
- Disgust

These primary emotions are the foundation.

Look for facial cues in yourself and others.

- Eye rolling
- Smirking
- Furrowed brow

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It Continues...

“Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – that is not easy.”

~ Aristotle

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Exercise

Pick a person who challenges you emotionally.

- How do you feel about this person?
- How do you manage those feelings?
- How do you leverage those feelings?
- What choices can you make to improve the relationship?

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Best Practices

Mindfulness

- Paying "ultimate" attention

Breathing

Visualization

Guided Imagery

Centering

What works for you?

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Today...

Wake up in the morning

You create the mood – happy, serene, joyful, calm...

What will get you there

- Choice of clothes
- Choice of food
- Commute
- Prioritizing your work

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Leveraging...

Making your emotions work for you

- Lucky rabbit foot
- Favorite colors
- Favorite theme songs
- Painting your room
- Food choices
- Accomplishments

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It's All About the Party

Knowing others

- Not judging others

Past baggage

Meet a lot of people different from you

Walk a mile in their shoes

It's just as important to know when to leave the party

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Lump of clay activity

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“Labeling your emotions is key. If you can name it, you can tame it.”

—Marc Brackett, Yale Center for Emotional Intelligence

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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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