

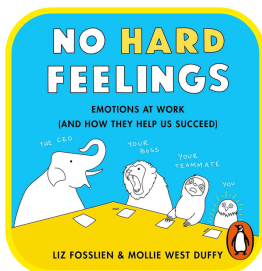
Day 18

Managing Emotions

What is this squiggly skill?

Managing your emotions helps you to be more authentic, gain more trust, and create a space that helps others to also be themselves.

Recommended Resource



No hard feelings
Liz Fosslien & Mollie West Duffy

Recommended Listen



Squiggly Careers #97
Emotions at work -
Mollie West Duffy

Ideas for Action



Facts & feelings

When emotions feel overwhelming reflect on the facts of a situation (*the things others can see*) and your feelings (*the things that are in your head*). Labeling can help you feel more objective and in control.



Breathe through it

Breathing practices can help reduce anxiety and stress.

Try box breathing:

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds.

(repeat a few times)