

Managing Strong Emotions



Strong Emotions

- Fear
- Anger
- Sadness
- Shame
- Guilt
- Rejection
- Love
- Disgust



To Be Expected.....

Strong emotions are natural and normal during real times of crisis

- Examples:
 - Trauma
 - Death
 - Illness
 - Failure
 - Betrayal



Triggers

Know your triggers



Triggers



Feelings



Actions

Distraction

- Valuable tool that takes the “edge off” (*Temporary*)
- It’s not an escape
- Eventually return to the feeling, but the intensity has reduced



What Can I Do To Distract Myself?

- Creativity
- Counting backwards
- Chores
- Vacation
- Movie/Play/Circus

Self Soothing Techniques

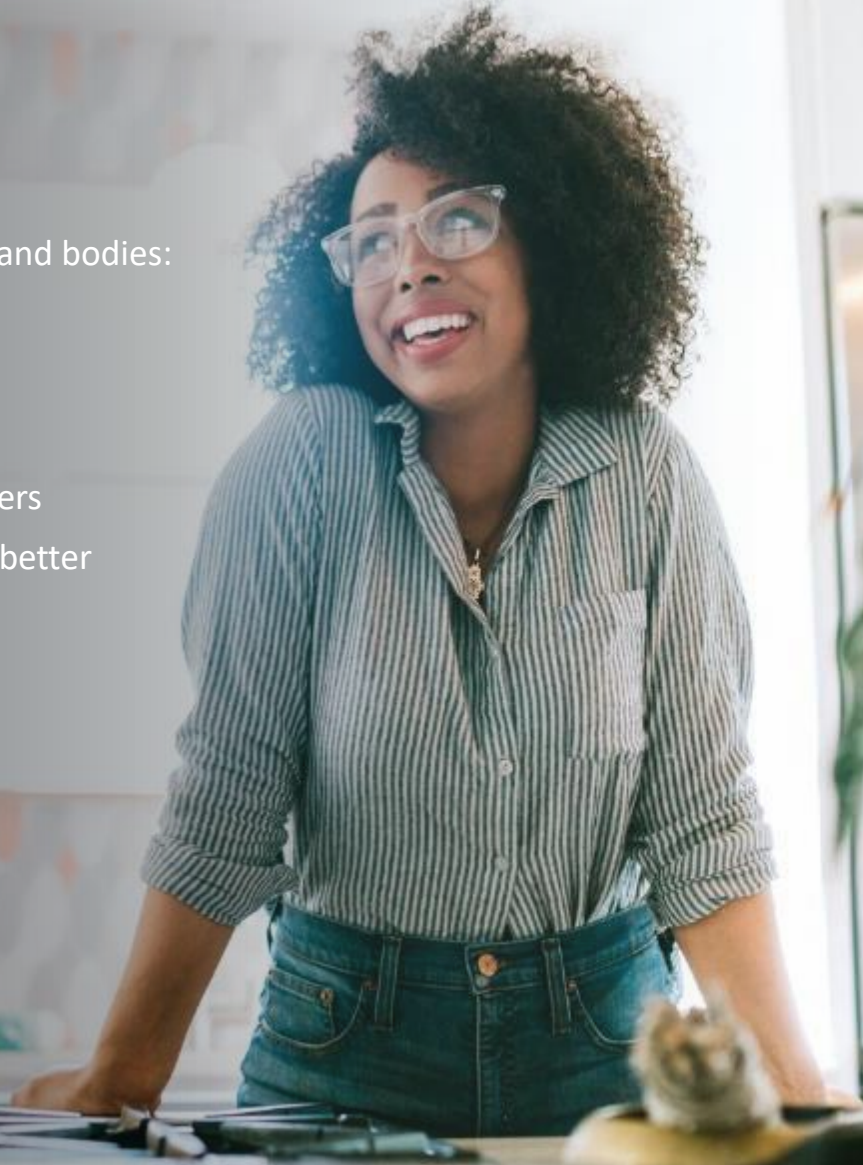
- Using all senses
 - Touch
 - Taste
 - Sight
 - Sound
 - Smell
- Mindfulness

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

Takeaways

- Controlling emotions keeps our mind and bodies:
 - Healthier
 - Calmer
- Gives us a higher self confidence
- Allows us to get along better with others
- Managing strong emotions allows for better career advancement



Civilian Employee Assistance Programs for Air Force, Navy and DoD/WHS



Key features

- Provided at no cost to you and your household members
- Completely confidential services provided by a third party
- Available 24/7/365

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- **Air Force:** 1-866-580-9078
- **Navy:** 1-844-DON-CEAP (366-2327)
- **DoD:** 1-866-580-9046

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Programs

- **Coaching** – create a plan of action to meet your goals
- **Counseling** – meet with a licensed professional for support with stress, anxiety, grief, substance misuse and more
- **Legal assistance, financial coaching and identity theft resolution** – expert consultation and online resource library
- **Work-Life Services** – referrals to service providers and discounts on child and adult care, education, home improvement, etc.
- **Online training and self-care programs** – improve your health and overall emotional well-being
- **Manager support** – consult with experts on workplace topics

Thank You For Attending

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