

7. Managing Your Emotions at Work

Quiz 1:

Question 1 of 1

Why is it important to understand the embodied and biological components of emotions?

- ☐ It makes it possible for you to change difficult emotions into pleasant emotions.
- ☐ It allows you to not have to feel an emotion if you don't want to.
- ☐ It makes it possible for you to enjoy experiencing difficult emotions.
- ☐ **It allows you to have a greater sense of control over your emotions.**

Quiz 2:

Question 1 of 2

Which is NOT one of the Four F's that represent the typical responses to emotions?

- ☐ Fool yourself.
- ☐ **Forget about it.**
- ☐ Figure it out.
- ☐ Fix it.

Question 2 of 2

You are in the middle of an important video conference when your internet shuts down. What is an example of something you might be aware of by using embodied self-awareness?

- ☐ You are desperately wishing you had changed service providers like you had thought about doing.
- ☐ **Your heart is racing and your jaw is gripped.**
- ☐ You are wondering if any of your colleagues are having the same issue.
- ☐ You realize you should check the router to see if it is working.

Quiz 3:

Question 1 of 4

You just spilled your coffee on the report that you need to read by lunch. At the same time that you also get a message that you're late for a meeting you forgot about. You notice you feel worn down and that you wish the day were over. What is an example of quickly and effectively offering yourself empathy?

- ☐ Clean up the coffee as quickly as possible and convince yourself you don't need to read the whole report as you rush to the meeting.
- ☐ **Say to yourself, "Of course you're worn down. Work has been really hard lately, you haven't been sleeping, and you really need a break."**
- ☐ Go to the meeting and tell everyone afterward what an awful morning you're having.
- ☐ Say to yourself, "You'll get through this."

Question 2 of 4

Why does being able to name your emotion help you to manage it?

- ☐ It makes it easier to tell someone else about your emotions.
- ☐ **It helps to integrate your brain.**
- ☐ It gives you a topic to write about in your journal.
- ☐ It helps you to know if you need to change the feeling you're having.

Question 3 of 4

The next time you find yourself avoiding having a feeling, what is an effective tool for addressing emotional resistance?

- ☐ Force yourself to feel the feeling.
- ☐ **Say, "I don't want to feel this."**

- ☐ Focus on doing enjoyable activities and being with positive people.
- ☐ Do something like binge watch videos, drink, or overeat in order to "numb out."

Question 4 of 4

What is self-empathy?

- ☐ telling yourself to buck up
- ☐ asking a trusted friend if they will talk with you when you're upset
- ☐ giving yourself permission to cry when you feel like crying, or scream when you feel like screaming
- ☐ **understanding why you feel the way you do**

Quiz 4:

Question 1 of 2

It is appropriate to share your emotions at work if ☐.

- ☐ you need someone to tell you if you're right for feeling the way you do
- ☐ your emotions are righteous
- ☐ **you sense that not sharing it will harm the trust or connection you have with a colleague or client**
- ☐ you feel off your center and need some help

Question 2 of 2

Your manager just got done heatedly telling your team why she's so disappointed in your performance, complete with a raised voice and pounding on the conference table. What is the best thing for you to do to manage this situation?

- ☐ Wait until the meeting is over and talk with your team about how toxic your manager is.
- ☐ Make a joke or make promises to improve--anything to break the tension.
- ☐ **Use a felt resource to try to regulate your nervous system and interrupt any stress response you might be having.**
- ☐ Wait until after the meeting and in a one-on-one with your manager, tell her that she needs to manage her emotions better.

Quiz 5:

Question 1 of 5

What is NOT an outcome of a felt resource?

- ☐ intentionally creating a pleasant or neutral experience you can feel in your body
- ☐ being able to be more present during a difficult emotion
- ☐ being able to have a dual awareness
- ☒ **being able to distract yourself from a difficult emotion**

Question 2 of 5

Why is orienting considered an effective practice for regulating your nervous system?

- ☒ **It gets you out of tunnel vision, which can be one of the stress responses.**
- ☐ It keeps you from looking into other people's eyes, which can be anxiety-producing.
- ☐ Because your nervous system is calmed when it gets more visual stimulation.
- ☐ It distracts you from the task at hand, which feels less stressful.

Question 3 of 5

What is most important in order for grounding to be an effective felt resource?

- ☐ that you have to feel not just the floor underneath of you, but have a sense of the whole planet underneath you
- ☒ **that you experience a pleasant sensation of being supported**
- ☐ that you practice it for at least one minute at a time
- ☐ that your feet must be on the ground

Question 4 of 5

Research shows that standing taller and choosing to focus on places in your body that feel strong are associated with .

- ☐ people seeing you as stronger and more powerful
- ☐ activation of the reptilian brain and the fight, flee, or freeze response
- ☐ increased cortisol and decreased testosterone
- ☒ **decreased cortisol and increased testosterone**

Question 5 of 5

When it comes to a felt resource, what matters most?

- ☒ **The felt resource should be pleasant, purposeful, and practiced frequently.**
- ☐ You should have your eyes closed and be internally-focused.
- ☐ You should be in a quiet, contemplative space.
- ☐ You should calm yourself by choosing to take a few deep breaths.