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.
- C
 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."

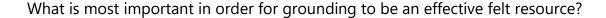
. 0	cus on doing enjoyable activities and being with positive people. something like binge watch videos, drink, or overeat in order to "numb out."
Question	n 4 of 4
What is so	elf-empathy?
ask c giv lik	ling yourself to buck up king a trusted friend if they will talk with you when you're upset ving yourself permission to cry when you feel like crying, or scream when you feel e screaming derstanding why you feel the way you do
Quiz 4	1:
Question	1 of 2
yo yo yo yo wi	u need someone to tell you if you're right for feeling the way you do ur emotions are righteous u sense that not sharing it will harm the trust or connection you have th a colleague or client u 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 try 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 improveanything 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



- 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.