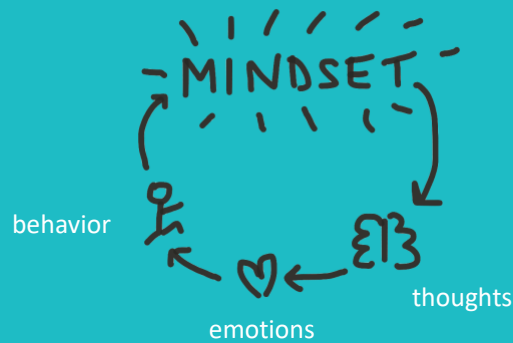


J&J Kuwait Wellbeing Program
Workshop 2: Managing your emotions - WORKBOOK
With certified coach Desi Jagger

Mindset is everything



Johnson & Johnson

Desi Jagger
THE CHANGEMAKERS COACH

5 steps to manage your emotions

1. **Become aware** – What is happening in your body? How intense are these feelings?
2. **Label your emotions** – Use the Emotion Wheel
3. **Experience** your emotions internally
4. **Release your emotions** – breathing, exercise, sharing, changing environment, pausing
5. **Communicate** your emotions in a constructive manner

Johnson & Johnson

Desi Jagger
THE CHANGEMAKERS COACH

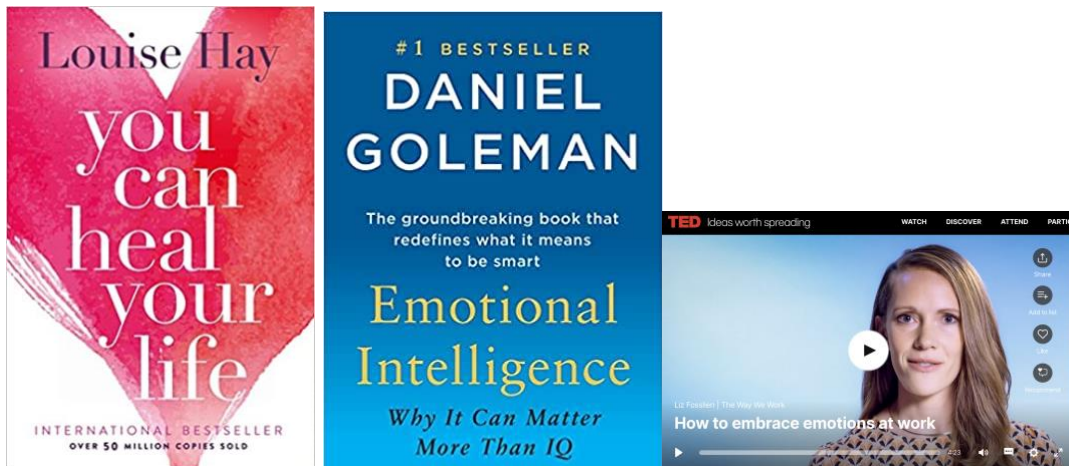
1. BECOME AWARE OF YOUR EMOTIONS (MINDFULNESS EXERCISE)

How would you describe the weather inside of you right now?

What are the characteristics of the season this week?

What has been the climate of your life so far?

RESOURCES



TED video – How to embrace emotions at work

https://www.ted.com/talks/liz_fosslien_how_to_embrace_emotions_at_work?language=en

ACCOUNTABILITY (TO COMPLETE BEFORE THE NEXT SESSION)

Watch the TED video “How to embrace emotions at work”

Where do you stand on the 'sharing of emotions' scale? Where do your team stand?

Who is a good role model for selective vulnerability at work?

What are you learning about emotions at work?