

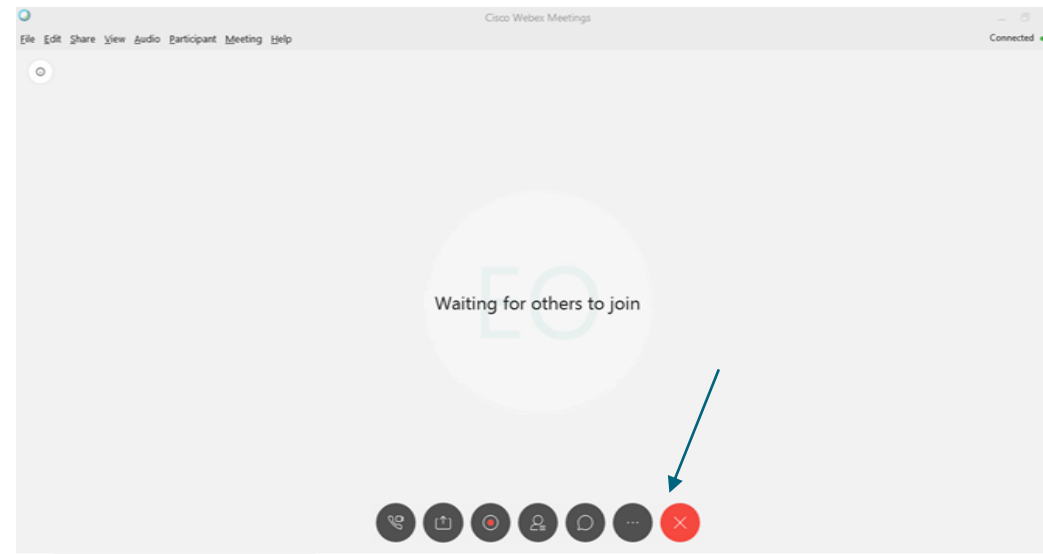
**Permission to Feel:
The Power of Emotional
Intelligence –
*from the book by Dr. Marc Brackett***

Wellness Workshop

Taught by the Harris Health Employee
Wellness Team

Engage and Interact

- **Questions** – Type questions, thoughts, examples, in the chat box, the more interaction the better.
- **Premium Points** - You can only receive credit for one Wellness Workshop or Healthy Knowledge Seminar per day. You will not receive credit for workshops/Healthy Knowledge Seminars you have already completed.



“It is one of the great paradoxes of the human condition, we ask some variation of the question “How are you feeling?” over and over which would lead one to assume we attach some importance to it and yet we never expect, or desire, or provide an honest answer.”

Dr. Marc Brackett

How are you REALLY feeling?



Learning Objectives

- Five Areas Where Emotions Matter Most
- Becoming an Emotion Scientist
- RULER Method
- Emotional Skills Self-Test
- Emotion vs. Feeling
- Applying Emotion Skills for Optimum Well-being and Success

Five Areas Where Emotional Intelligence Matters Most

- Attentional Capacity
- Decision Making
- Relationships
- Physical and Mental Health
- Performance and Creativity

Becoming an Emotion Scientist

- Helps us understand the difference between Integral and Incidental Emotions
- Allows us to acknowledge what are our emotions are telling us
- Helps us understand physical symptoms
- Teaches us the ability to pause at the most stressful moments

RULER METHOD

- R(ecognizing)

- U(nderstanding)

- L(abeling)

- E(xpressing)

- R(egulating)

Helps us accurately identify and
decode what we are feeling

Tells us how we can manage those
emotions to achieve desired
outcomes; our ultimate goals

Emotional Skills Self-Test

- Score yourself from 1 (very unskilled) to 5 (very skilled) on five statements that sum up what it takes to be an Emotional Scientist:

I am able to accurately recognize my own and other's emotions

I am aware of the causes and consequences of my own and other's feelings

I have a refined emotion vocabulary

I am skilled at expressing the full range of emotions

I am skilled at managing my own emotions and at helping others manage theirs

Emotion vs. Feeling

Emotion

- Happy, sad, angry
- Short-lived
- Usually include a physiological reaction
- Often expressed automatically in our facial expressions body language or other non-verbal cues
- Accompanied by a subjective experience in our conscious minds

Feeling

- Internal response to an emotion
- Nuanced, subtle, multidimensional

Applying Emotion Skills for Optimum Well-Being and Success



Emotions at Home

- *Set your self up for success!* Build a family charter. Remember that you are the role model. Your facial expressions, vocal tones, and body language matter
- *Explore.* Be the emotion scientist and listen to understand not build your own argument. Remember that the behavior is the symptom, not the emotion. Validate, show unconditional love and support and allow kids to express their feelings
- *Strategize.* Show support with self-talk, hugs and just being present. Support builds muscle for future problems.
- *Follow-up.* Emotion regulation is a lifelong journey. History often repeats itself so offer regular check-ins an continuous support

Emotions at Home- Family Charter

- *A family charter is a written document or pact that details how everyone in your home wishes to feel. It also included a list of commitments everyone is willing to make to one another to create the best possible home environment.*

Family Charter

1. How do we want to feel as a family?

Example responses: Loving, Respectful, Included, Safe Happy, Calm, Grateful, Playful

2. What can we do to experience these feelings as often as possible?

Example response: Make a commitment to say “I love you” every night before bed

3. What can we do when we are not living the charter?

Example response: “We will listen carefully without judgement to the person who feels like the charter has been broken.”

Emotions at Work

- Our work lives and our emotional lives intersect and comeingle
- Our emotion skills determine how we will perform
- Our workplace interactions often take place within relationships forged in non-work moments
- Developing workplace intelligence helps deal with workplace mini-dramas
- Our moods can transfer from one person to another or from one person to an entire team both consciously and unconsciously
- As we develop emotion skills, we become more aware of how we are actively creating emotional contagion and understand its impact on others

An Emotion Revolution

- Everyone would listen more and judge less
- There would be less stigma and racism
- Emotional intelligence would be as important to education as math, literacy and science
- There would be less self-deception
- Feelings would be seen as strengths and not weaknesses
- More people would be their authentic, best selves
- Depression and anxiety rates would be dramatically reduces
- We'd see less self-destruction and greater self-compassion



EMOTIONS MATTER!

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Resources

Stress Management, Depression and Counseling Services

- Employee Assistance Program
 - Online: www.feieap.com,
 - Username: hhs
- Well Powered Living 1.0, 2.0, 3.0 and 4.0 coming soon!
- Employee Wellness Workshops: Mindfulness, Meditation, Stretching etc.
- Cigna Behavioral Health
 - Visit **myCigna.com** or call the toll-free number on your Cigna ID card.
 - Call Cigna Behavioral at **800.274.7603**.
 - Go to **Cignabehavioral.com** for extra resources.
- Coaching
 - Telephonic health coaching: 855-246-1873
 - Onsite health coaching: Contact Latecia Murphy
 - Office: 713-873-6407
 - Email: Latecia.Murphy@harrishealth.org

Contact Us!

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Caring for ourselves so we can care for others

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#1 in Texas



#6 in America

