

Emotional Management & Resilience

Knowing how to manage your emotional state requires you to identify a variety of strategies that can be employed as you increase your awareness of your emotions—especially when triggered by specific context and circumstances.

Managing your emotional states can be influenced by any and all of the dimensions offered within the Attentional Leadership™ Framework. Because everyone is different some strategies are more effective than others at different times, review the strategies below and check the ones that have been most useful to you in the past:

Emotional Management & Resilient Strategies:

Getting adequate sleep, rest, and recovery time.	Reminding yourself about your personal values and what you stand for.	Taking time to reflect and to identify the origin of your emotions.
Avoiding excess sugar, caffeine, or substances that affect your moods.	Challenging the beliefs or assumptions that may be behind your moods.	Seeking feedback from others to explore your issues from another angle.
Getting adequate and regular exercise daily/ weekly.	Looking towards a higher power for insights into your circumstances.	Looking at your past to tap into positive past memories and self-confidence.
Using deep breathing and relaxation to slow things down.	Looking for the meaning and purpose behind challenging/ circumstances.	Looking into the past lessons learned from a similar circumstance.
Identifying, labeling and being present with my moods.	Tapping into your faith for answers to important questions.	Taking time to challenge past assumptions that influence your moods.

	Identifying and labeling cognitive distortions (negative thoughts).		Using prayer or other spiritual practices to manage your moods.		Tapping into family, friends, mentors for social support and comfort.
	Actively changing selftalk—from negative to positive.		You try to see things from a longer-term perspective.		Using professionals to assist a deeper understanding and increased strategies.
	Look at problems using multiple angles and perspectives.		You identify short-term goals and next steps to take positive actions.		Identifying what you can and cannot control so you can focus on what you can.
	Using humor to combat the challenges you are facing.		Study the lives of people who have overcome great challenges.		Make a list of your most challenging times and what you did to overcome them.

What other strategies have you used in the past to manage emotions/build resilience:

