



SIMPLE SOUL

Master Yourself. Master Your Life.

Become  
Your Own  
**EMOTION**  
Superhero!

Learn how to slay the stress & anxiety of  
uncertainty...for all aspects of life!



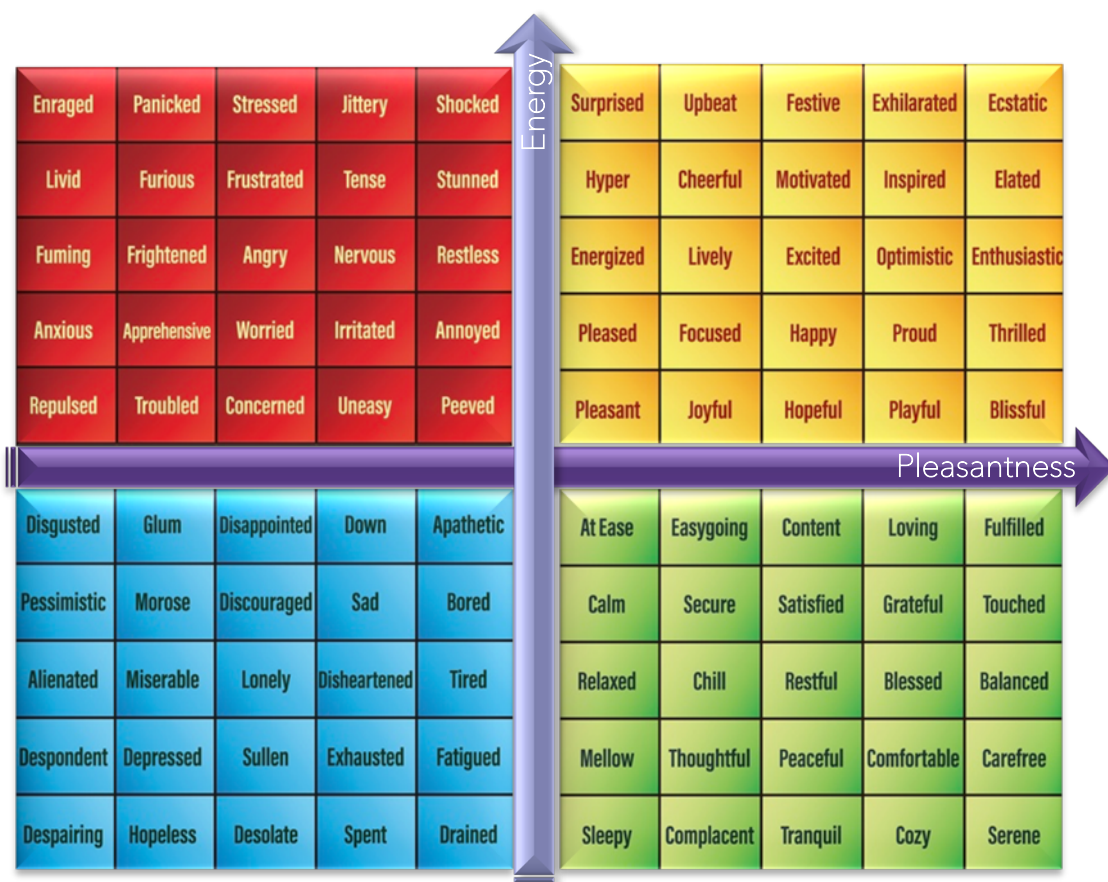


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## The Mood Model: Naming Our Emotions



James Russell, PhD and professor at Boston College, teaches the Mood Model; that human emotions have two core properties or dimensions—energy (hot & cool) and pleasantness. Colour-coded quadrants help us initially identify what we are feeling from a broad spectrum of emotions. The model was further developed with precise emotion labels by David Caruso, PhD, and Marc Brackett, PhD.



## Why Naming Our Emotions is Important

Naming our emotions with precise words achieves four outcomes:

- ✓ **legitimizes and organizes** our experiences to help us recognize and shift into different emotion quadrants
- ✓ helps others to meet our needs and **facilitates empathy**
- ✓ helps us to **meet the needs of others** to support them
- ✓ **connects us** with the rest of the world, as these words give each of us each a relatable story to share

The more **detailed and granular** we become with **naming nuanced emotions**, the better we can understand them and **identify their source**. Some common examples of emotions we tend to name interchangeably are:

**Fear:** palpable sense of danger

**Pressure:** an aspiration is contingent upon the measure of our performance

**Stress:** facing too many demands

**Jealousy:** threat of losing the attention of someone important to us

**Envy:** coveting something that someone else possesses

**Anger:** unfair treatment or injustice

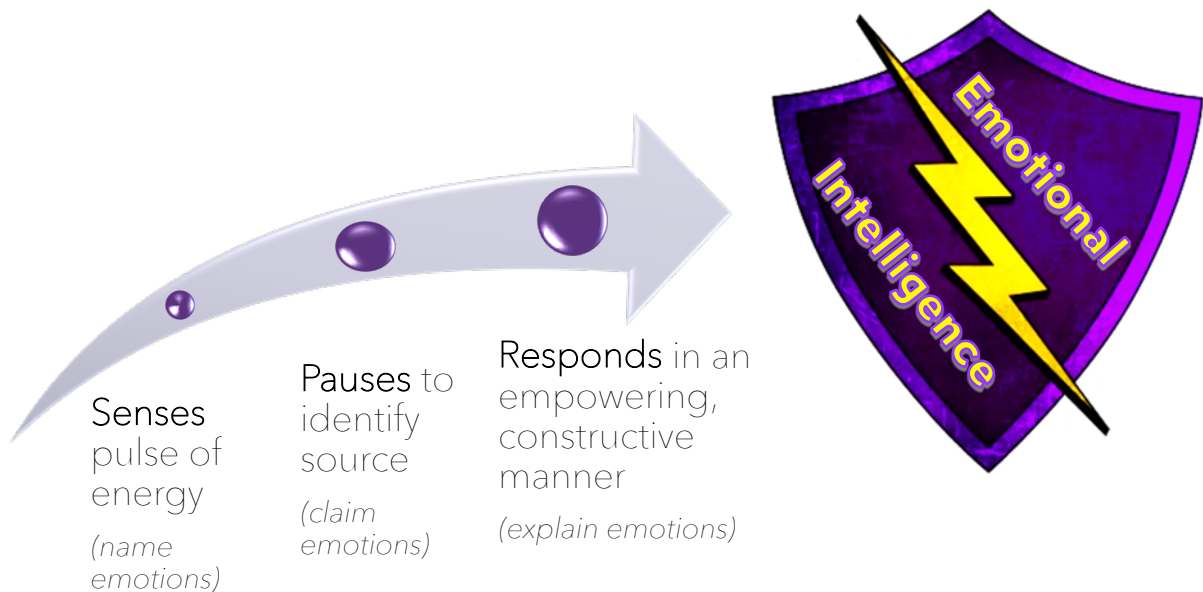
**Disappointment:** unmet expectations

**Frustration:** effort/reward imbalance

Brackett, M. A. (2019). Permission to feel: Unlocking the power of emotions to help our kids, ourselves, and our society thrive.



## The Qualities of an Emotion Superhero



- ✓ **Name:** recognize and name our own emotions and those of others, including facial expressions, body language, vocal tones, and other nonverbal cues
- ✓ **Claim:** understand our emotions to determine their source—what experiences actually caused them—and then use them to positively influence our behaviour
- ✓ **Explain:** express our emotions in a socially responsible and respectful way that informs and invites empathy from the listener; regulate emotions to respond to environmental stimuli in a measured, rational, composed manner

Brackett, M. A. (2019). Permission to feel: Unlocking the power of emotions to help our kids, ourselves, and our society thrive.



## Benefits of Becoming an Emotion Superhero

Emotion superheroes possess highly developed social & emotional intelligence skills that boost their performance and ability to:



- ✓ **perceive and express themselves**
  - accurately assessing individual strengths & weaknesses pinpoints focused development opportunities
  - acute self-awareness fuels confidence, trust, and authenticity
- ✓ **develop and maintain social relationships**
  - greater understanding and empathy result in stronger relationships with friends, parents, extended family, romantic partners, and colleagues
- ✓ **cope with challenges**
  - constructive strategies improve health, family, and workplace outcomes, including less anxiety, depression, stress, and burnout; and greater performance, and leadership ability
- ✓ **use emotional information in an effective and meaningful way**
  - perceiving situations as they truly are, and strategically identifying alternatives rather than triggering impulsive reactions reveals sound judgment essential in practical decision making





## Identifying Emotional Intelligence Resilience Competencies

These 15 emotional intelligence skills across 5 categories of functioning are:

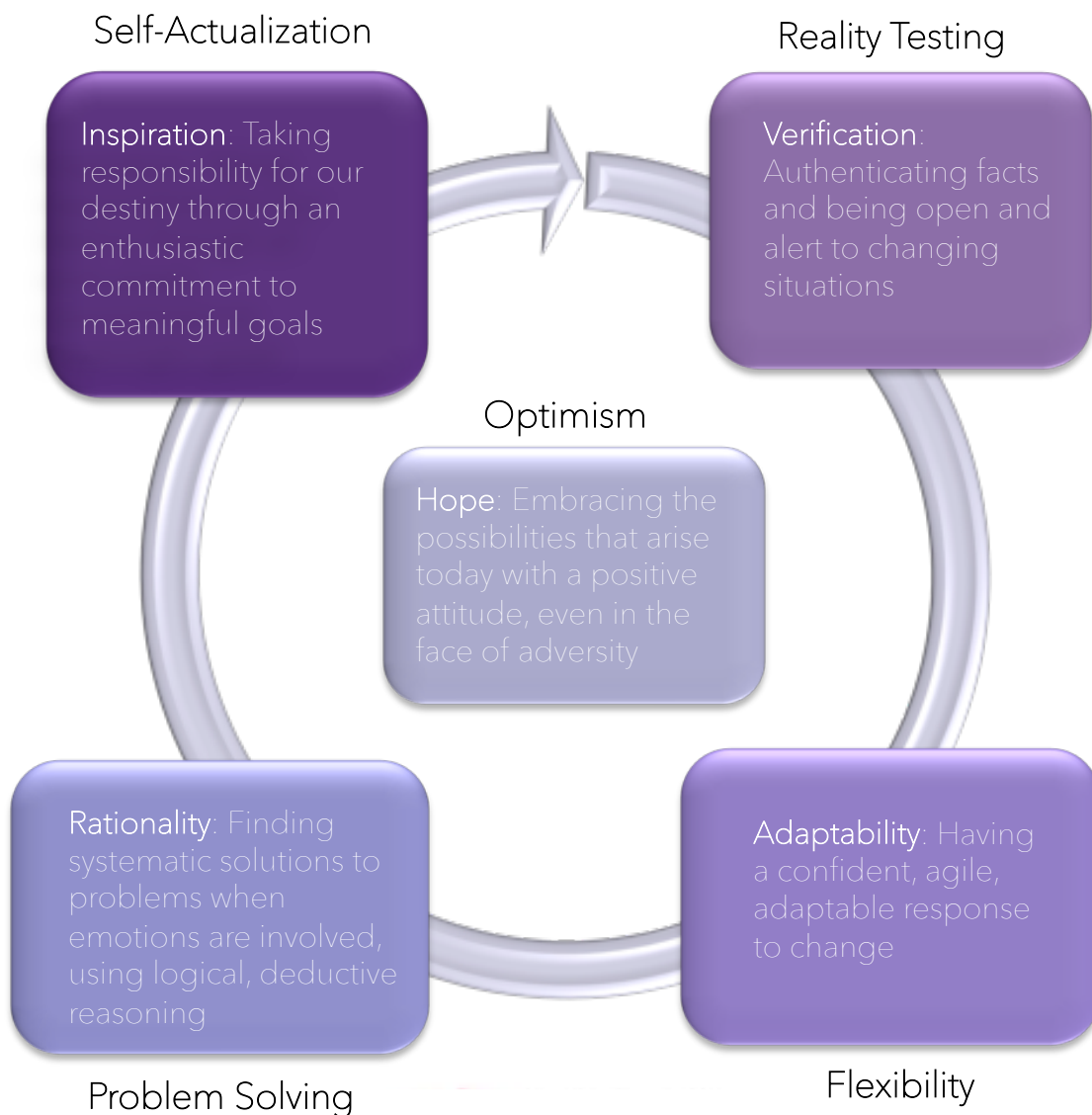
- ✓ foundational in all team and interpersonal dynamics
- ✓ form the building blocks of abilities such as communication, resilience\*, and stress management
- ✓ can be mapped theoretically and empirically to strategic decision making, and to overall performance



\*resilience is comprised of the self-actualization, problem solving, reality testing, flexibility, and optimism competencies



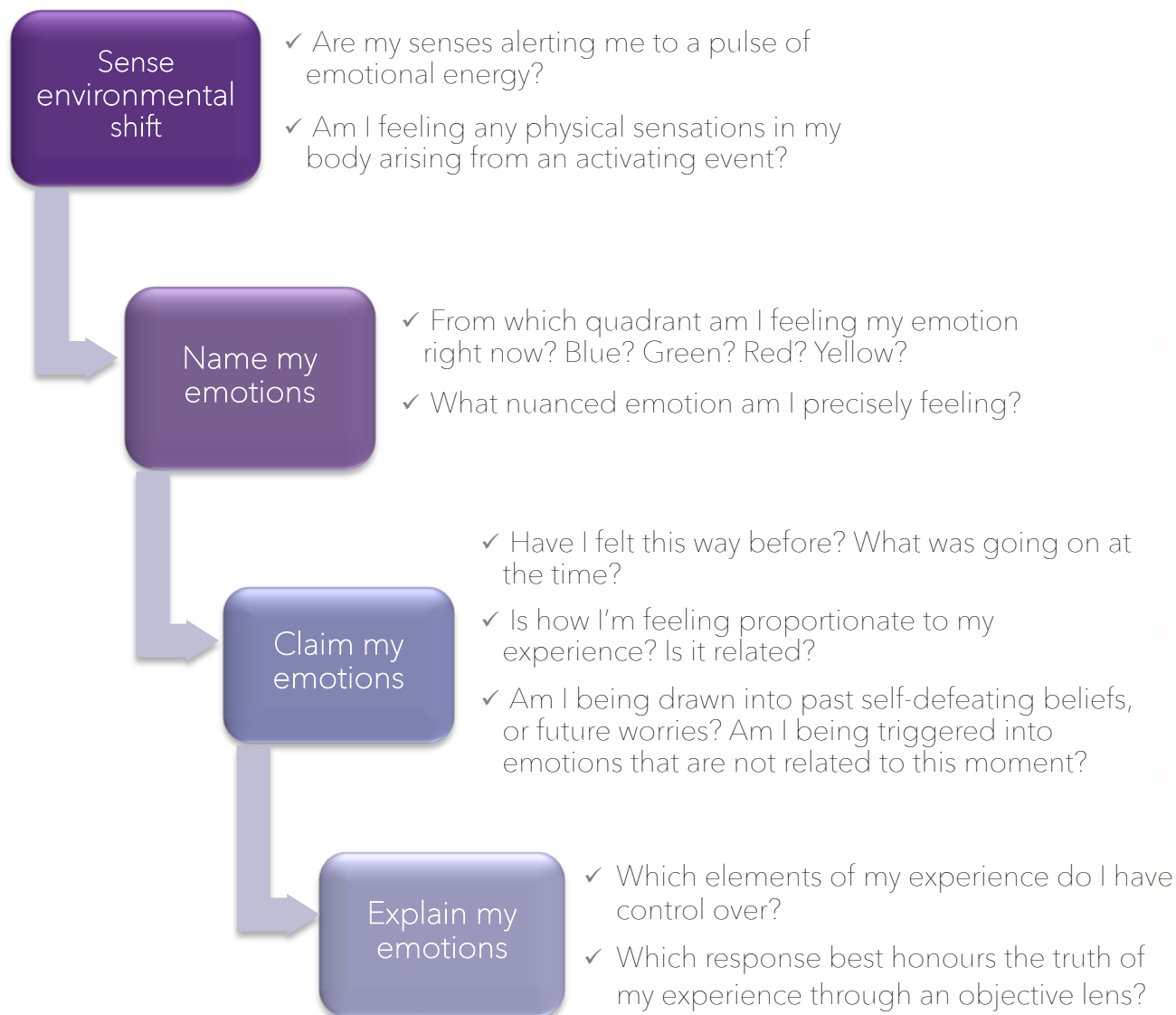
## Emotional Intelligence Resilience Competencies in Action







## Practical Strategies to Slay Stress: Amplify Awareness





## Practical Strategies to Slay Stress: Battle Beliefs

(A) Activating Event	(B) Beliefs	(C) Emotion Consequence	(D) Debate, Discard, Dispute Beliefs	(E) Establish Response
<i>An activating event is any shift in our environment that leads to a pulse of emotional energy.</i>	<i>Our belief system (our worldview) is ingrained in us from childhood. It can be represented by self-defeating silent self-talk. It's the frame of reference through which we perceive the world.</i>	<i>This is where we capture the emotions we are feeling and the behaviours that accompany them.</i>	<i>List the objective, verifiable evidence that supports each belief, or the lack thereof. Are there more logical explanations to explain the activating event? Have I ever been in a similar situation and held a similar belief that proved to be wrong?</i>	<i>After encouraging more rational and adaptive beliefs to emerge, formulate the next step to respond to the activating event in an empowering, constructive manner.</i>
My organization issued a troubling financial forecast. Going into the pandemic, I did not deliver a Q1 result on target. My senior leader has hinted at downsizing. I think I could be on that list.	I'm not the best performer on my team. What was I thinking accepting this last promotion? I probably didn't deserve it. I'm in over my head. My senior leader doesn't reach out very often. Either do my peers. I'm not cut out to be successful.	I feel sad, worried, glum, pessimistic. I have become withdrawn from family and friends. I avoid sharing my emotions. I am defensive when asked about my job. People must view me as weak. I don't even believe in myself.	Q1 is historically my slowest quarter. I always make it up and exceed annual stretch targets. I am a trusted, integral team member. I may be overreacting due to the extra pressure I feel to support my family and prove that I can be successful in this new, more senior leadership role.	I will become more proactive by enriching the quality of my remote connections with partners. I will reforecast my region's net income with stratified risk assumptions and dynamic variables to provide my senior leader with strategic options to achieve target results.

Stein, S. J., & Book, H. E. (2000). The EQ edge: Emotional intelligence and your success.



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For more information, please visit:  
[simplesoul.ca](http://simplesoul.ca)

To schedule an EQ-i2.0® emotional  
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discussion, please reach out to:  
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