

Master Yourself. Master Your L Subelifield Subelifield

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





Become Your Own Emotion Superhero

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The Mood Model: Naming Our Emotions

Enraged	Panicked	Stressed	Jittery	Shocked	Energy	Surprised	Upbeat	Festive	Exhilarated	Ecstatic
Livid	Furious	Frustrated	Tense	Stunned	İ	Hyper	Cheerful	Motivated	Inspired	Elated
Fuming	Frightened	Angry	Nervous	Restless		Energized	Lively	Excited	Optimistic	Enthusiastic
Anxious	Apprehensive	Worried	Irritated	Annoyed		Pleased	Focused	Нарру	Proud	Thrilled
Repulsed	Troubled	Concerned	Uneasy	Peeved		Pleasant	Joyful	Hopeful	Playful	Blissful
				Pleasantness						
Disgusted	Glum	Disappointed	Down	Apathetic	П	At Ease	Easygoing	Content	Loving	Fulfilled
Pessimistic	Morose	Discouraged	Sad	Bored	П	Calm	Secure	Satisfied	Grateful	Touched
Alienated	Miserable	Lonely	Disheartened	Tired	П	Relaxed	Chill	Restful	Blessed	Balanced
Despondent	Depressed	Sullen	Exhausted	Fatigued		Mellow	Thoughtful	Peaceful	Comfortable	Carefree
Despairing	Hopeless	Desolate	Spent	Drained		Sleepy	Complacent	Tranquil	Cozy	Serene

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

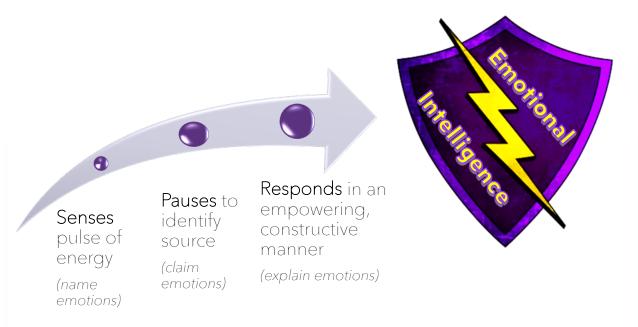
Frustration: effort/reward imbalance

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
 - o accurately assessing individual strengths & weaknesses pinpoints focused development opportunities
 - o 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
 - o 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

Self-Actualization

Inspiration: Taking responsibility for oudestiny through an enthusiastic commitment to meaningful goals

Reality Testing

Verification:

Authenticating facts and being open and alert to changing situations

Optimism

Hope: Embracing the possibilities that arise today with a positive attitude, even in the face of adversity

Rationality: Finding systematic solutions to problems when emotions are involved, using logical, deductive reasoning

Problem Solving

Adaptability: Having a confident, agile, adaptable response to change

Flexibility







Practical Strategies to Slay Stress: Amplify Awareness

Sense environmental shift

- ✓ Are my senses alerting me to a pulse of emotional energy?
- ✓ Am I feeling any physical sensations in my body arising from an activating event?

Name my emotions

- ✓ From which quadrant am I feeling my emotion right now? Blue? Green? Red? Yellow?
- ✓ What nuanced emotion am I precisely feeling?

Claim my emotions

- ✓ Have I felt this way before? What was going on at the time?
- ✓ Is how I'm feeling proportionate to my experience? Is it related?
- ✓ Am I being drawn into past self-defeating beliefs, or future worries? Am I being triggered into emotions that are not related to this moment?

Explain my emotions

- ✓ Which elements of my experience do I have control over?
- ✓ Which response best honours the truth of my experience through an objective lens?





Practical Strategies to Slay Stress: Battle Beliefs

(A) Activating Event	(B) Beliefs	(C) Emotion Consequence	(D) Debate, Discard, Dispute Beliefs	(E) Establish Response	
An activating event is any shift in our environment that leads to a pulse of emotional energy.	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.	This is where we capture the emotions we are feeling and the behaviours that accompany them.	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?	After encouraging more rational and adaptive beliefs to emerge, formulate the next step to respond to the activating event in an empowering, constructive manner.	
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.





For more information, please visit: simplesoul.ca

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

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