

How to Strengthen Your Emotional Health Skills During Times of Uncertainty

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Why uncertainty is so challenging

- Uncertainty causes more stress and anxiety than knowing that a definite negative outcome will take place
- When we face uncertainty, our brain has to work overtime to try and keep us “safe”, causing us overwhelming stress
- Because emotions are contagious, as we all struggle with stress of uncertainty we create a pile-on effect, causing our collective anxiety to increase

Practicing emotional health skills is non-negotiable during uncertainty

- Emotional health is a skill you can improve through practice
- Practicing emotional health skills helps to strengthen your Emotional Immune System, which is your source of resilience for getting through challenges
- The chronic stress that comes with uncertainty makes it more difficult to think clearly or make good decisions — practicing emotional health skills helps to mitigate this

5 Emotional Health Skills



Acceptance

Gratitude

Intentional
Kindness

Bigger
Why

Self-Care

Acceptance

Acknowledging your feelings and the situation with clarity instead of judgment and using that as your starting point for moving forward.

Acceptance Practice

1: Acknowledge w/ clarity

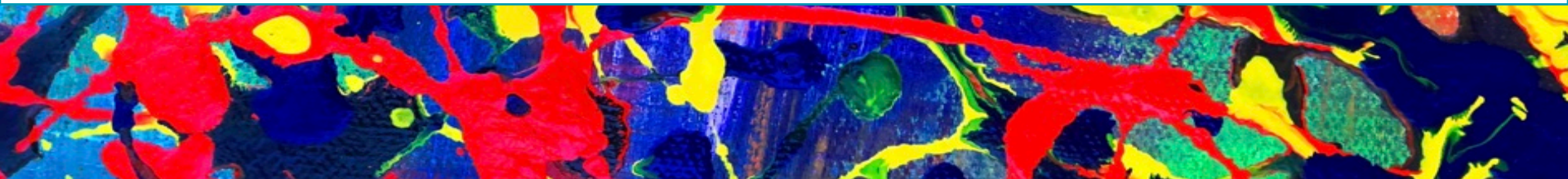
- This is how it is
- This is how I feel
- *What is a fact vs. story I've created about it?*

2. Decide on next best step:

- What is 1 thing I can do given how things are?
- What can I do to help myself be at my best?

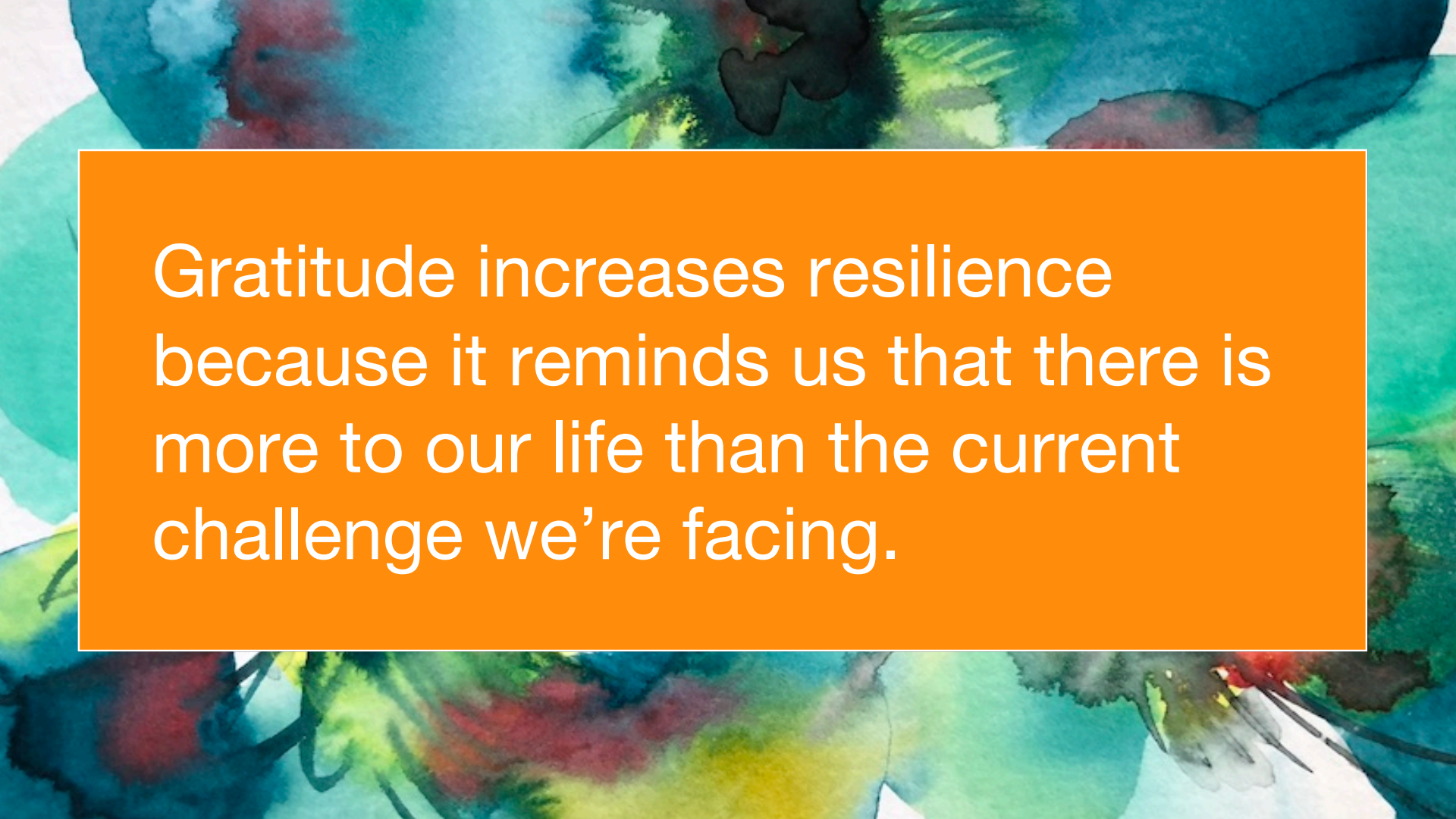


We realize our greatest well-being when we stop trying to turn negatives into positives and learn to embrace the full range of human emotions



Gratitude

Making an active choice to notice the small, positive moments in everyday life -- even when times are challenging -- and sharing your appreciation for other people with them.



Gratitude increases resilience because it reminds us that there is more to our life than the current challenge we're facing.

Gratitude Practice

Gratitude Antidote

When you're stressed or dealing with a challenge, use it as a trigger to practice gratitude:

This is stressful BUT I am grateful for...

Effective gratitude is:

- Genuine
- Be specific (smaller the better)
- Capture your gratitude in some way

Team Gratitude Practice

Gratitude Meeting Bookends

Begin and end every meeting by sharing what you're grateful for or expressing gratitude for someone else

Gratitude
leads to:

Working harder
and with more
enthusiasm

Greater
resilience

Increased
motivation



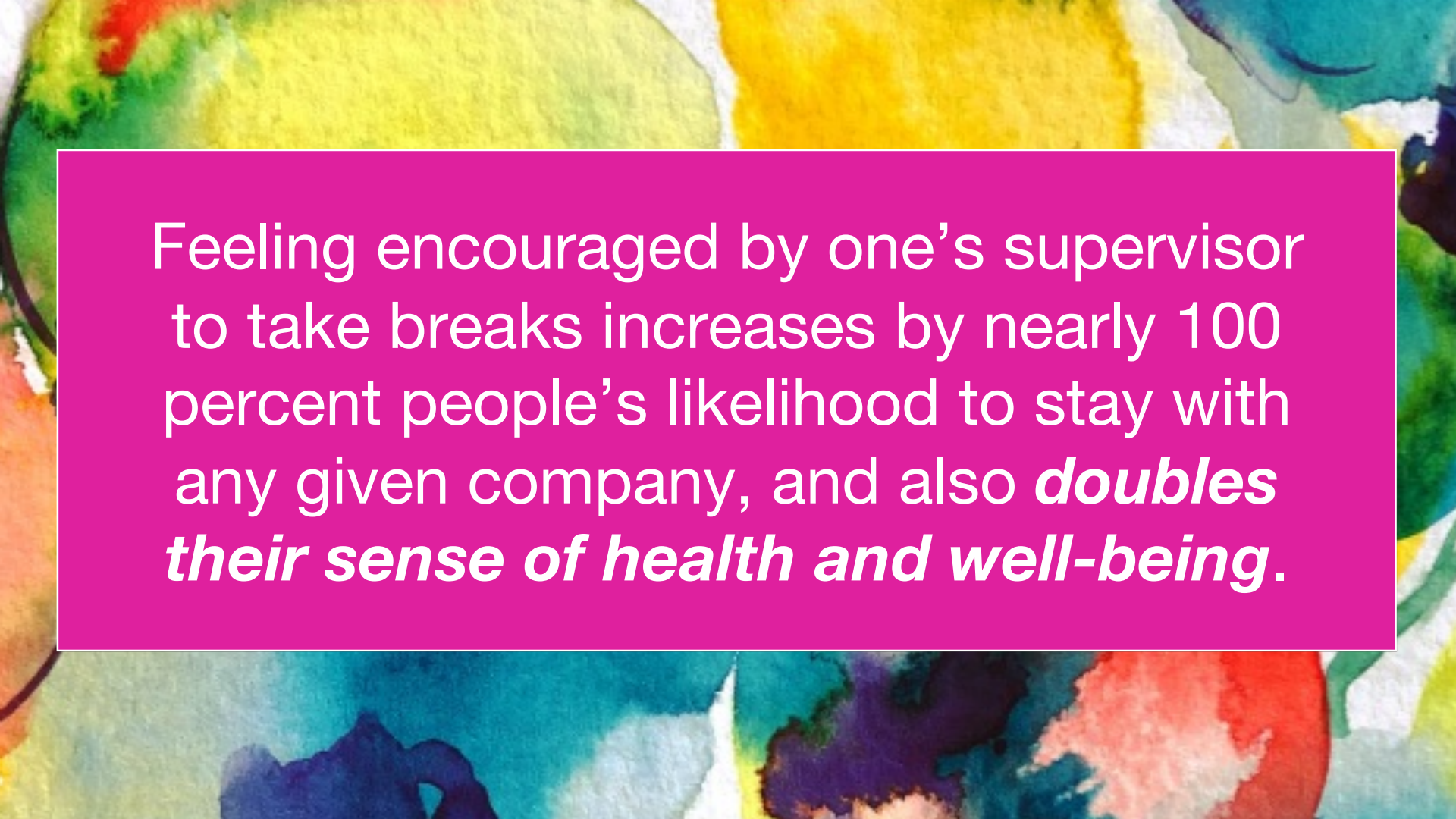
Self-Care

Actively nurturing a kinder friendship with yourself by practicing self-compassion, learning how to rest and renew, and finding ways to fuel your mind, body, and soul.

Self-care Practice

10-Minute Self-Care Reset

Schedule a regular 10-minute break during your day. Ask yourself: “What is fueling or restful that I can right now?” and then do it for 10 minutes.



Feeling encouraged by one's supervisor to take breaks increases by nearly 100 percent people's likelihood to stay with any given company, and also ***doubles their sense of health and well-being.***

THANK YOU!

For more resources to help support
the emotional health of your employees,
please visit:

<https://www.happier.com/hr-virtual-resources/>

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