

Reminder

HOW TO HANDLE YOUR EMOTIONS



**CONFLICTS ARE AN INEVITABLE
PART OF LIFE AND THEY CAN
TRIGGER STRONG EMOTIONS.**

**WHETHER IT IS A
DISAGREEMENT WITH A
COLLEAGUE OR AN ARGUMENT
WITH A LOVED ONE, IT'S
IMPORTANT TO LEARN HOW TO
MANAGE YOUR EMOTIONS
DURING A CONFLICT.**

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**TOP
TIPS**

TO HELP YOU



1. TAKE A DEEP BREATH: WHEN YOU FEEL YOUR EMOTIONS RISING DURING A CONFLICT, TAKE A MOMENT - PAUSE!

THIS CAN HELP YOU TO CALM DOWN AND REFOCUS, WHICH CAN MAKE IT EASIER TO HANDLE THE SITUATION.

BREATHE

3. WHEN COMMUNICATING YOUR PERSPECTIVE, USE 'I' STATEMENTS TO EXPRESS HOW YOU FEEL. THIS CAN HELP TO REDUCE DEFENSIVENESS AND ENABLE THE OTHER PERSON TO UNDERSTAND REASONING.

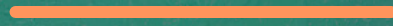


4. IF YOU FEEL OVERWHELMED BY YOUR EMOTIONS TAKE A BREAK. THIS COULD MEAN TAKING A WALK, OR ENGAGING IN A CALMING ACTIVITY LIKE DEEP BREATHING OR MEDITATION. TAKING A BREAK CAN HELP YOU GAIN PERSPECTIVE, AND IT GIVES YOU AND THE OTHER PERSON TIME TO CALM DOWN AND THINK.

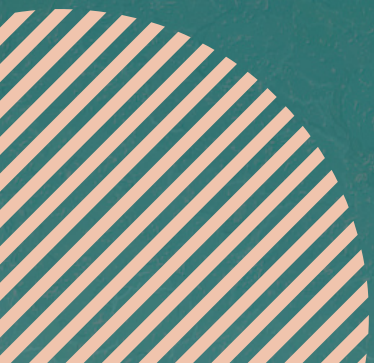


**5. PRACTICE EMPATHY:
EMPATHY INVOLVES
UNDERSTANDING THEIR
PERSPECTIVE WHICH MEANS
LISTENING WELL. THIS CAN
HELP FIND A SOLUTION THAT
WORKS FOR EVERYONE
INVOLVED.**





6. SEEK SUPPORT FROM OTHERS. THIS COULD MEAN TALKING TO A FRIEND OR FAMILY MEMBER, OR SEEKING THE GUIDANCE OF A COACH. A SOUNDING BOARD FOR PRACTICING DIFFICULT CONVERSATIONS PROMOTES YOUR CONFIDENCE AND CREATES SMOOTHER CONVERSATIONS.



**REMEMBER THAT CONFLICTS
ARE A NATURAL PART OF LIFE,
AND BY HANDLING THEM IN A
HEALTHY WAY, YOU CAN
STRENGTHEN YOUR
RELATIONSHIPS AND GROW AS
A MORE CONFIDENT PERSON.**

**Let's
Grow
Together**

MORE INFO



**WWW.ADMISSIONNETWORK.ORG,
THE BUSINESS OF
EMPOWERING EXECUTIVES AND
EDUCATING STUDENTS**

**BOOK AN APPT:
WWW.CALENDLY.COM/URCOACH**





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