

Embracing Change

3) Emotional Agility

Today's Session

EMOTIONAL AGILITY in times of change

Notice your thought-life, your "hooks".

Understanding your Emotional Brain

Getting unhooked and showing up

Stepping out

Walking your WHY

One small step at a time

‘An accessible, reader-friendly voyage. *Emotional Agility* can be helpful to anyone’ Daniel Goleman, author of *Emotional Intelligence*

EMOTIONAL AGILITY

SUSAN DAVID

‘Essential reading’ Susan Cain, author of *Quiet*

Get unstuck

embrace change

and thrive

Which one are you?



“BOTTLER”



**“BROODERS CAN’T LET GO OF
THE PAST”**



**“BEING PRESENT AND
HAVING AN OPEN HEART TO ALL
FEELINGS”**



What are your Emotional Hooks?

"EMOTIONAL AGILITY IS ABOUT LOOSENING UP, CALMING DOWN AND LIVING WITH MORE INTENTION. ITS ABOUT CHOOSING HOW YOU'LL RESPOND TO YOUR EMOTIONAL WARNING SYSTEM."

- DR. SUSAN DAVID

START TO NOTICE YOUR OWN THOUGHT LIFE:

- WHAT IS STOPPING YOU TO COME BACK TO A CALM AND HOPEFUL STATE OF MIND CURRENTLY AMID ALL THE CONCERNS AND ANXIETY AROUND YOU?
- WHAT ARE THE STORIES/SCRIPT YOU TELL YOURSELF?
- ARE THEY TOXIC OR POSITIVE?

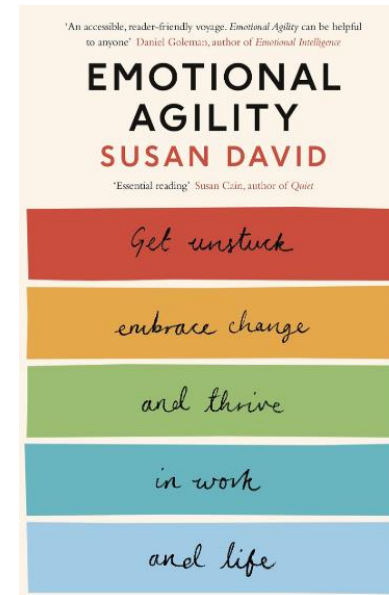
IF THESE THOUGHT PATTERNS SPIRAL OUT OF CONTROL, DON'T HESITATE TO REACH OUT TO A FRIEND, A FAMILY MEMBER OR YOUR COUNSELLOR.

Understanding the emotional brain...

- **The amygdala and the affective system:** The amygdala controls our instantaneous emotional responses. It is responsible for our judgments, such as discerning between good, bad, safe, threatening and friend and foe and it help us to identify facial expressions.
- **Role of the Thalamus in the emotional brain:** This structure is found at the heart of the forebrain and is responsible for emotion processing such as fear, sadness, disgust, happiness and pleasure. The thalamus plays a role in sensory processing and is nicknamed “Grand Central Station”.
- **Role of the Ventral Tegmentum (VTA) in the emotional brain:** this is important for cognition, motivation, intense emotional responses related to love and sense of natural reward. This is responsible for processing emotional responses to the amygdale and play an integral role in avoidance and fear responses. This part contains dopaminergic neurons which creates what we refer to the reward system.



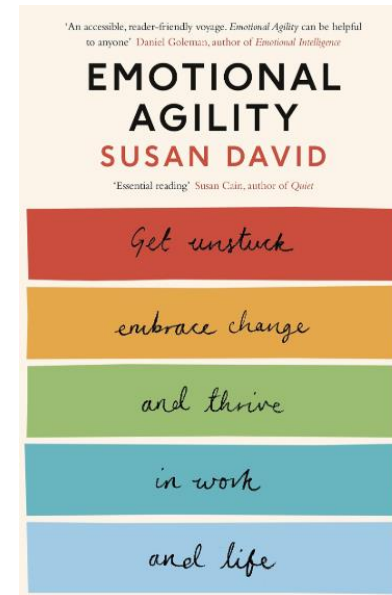
TOWARDS EMOTIONAL AGILITY



Step 1: **Show up** through:

- Showing self-acceptance and self-compassion
- NOT being your Inner Critic or prosecuting attorney.
- Choosing Willingness (Be comfortable with the discomfort)
- Understanding the function (Anger = something is threatened; Guilt = flashing arrow towards values.)

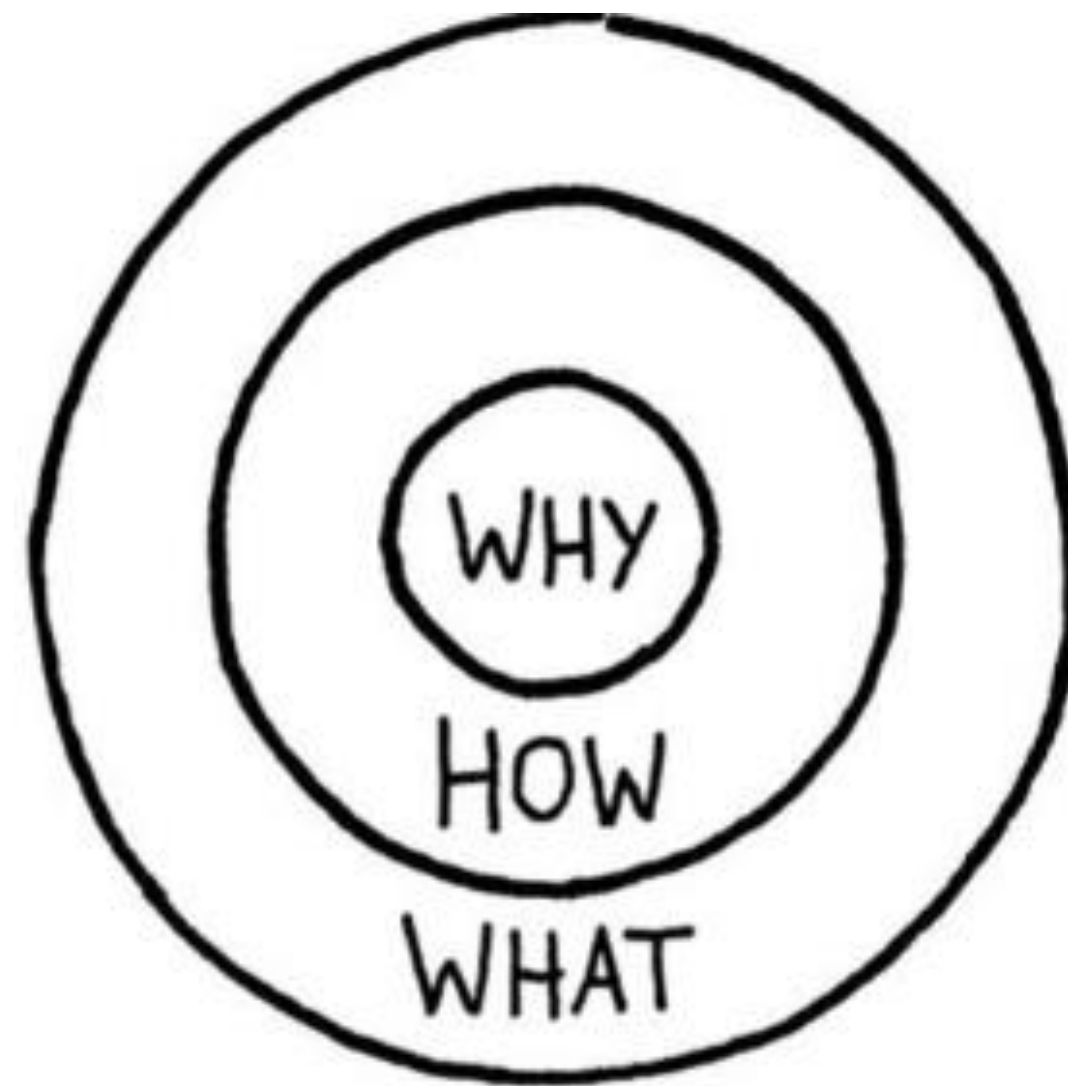
TOWARDS EMOTIONAL AGILITY



Step 2: **Stepping out** through

- Labeling your emotions
- Mindfulness
- Writing for 20min about your emotional experiences for the past day, week, month. Do it for a few days and then throw it away.
- Unhook your thinking by having different perspectives/views
- Have a laugh!!!
- Separate yourself from the experience

TOWARDS EMOTIONAL AGILITY



<https://simonsinek.com/commit/the-golden-circle>

Step 3: WALK YOUR WHY!!

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TOWARDS EMOTIONAL AGILITY



Step 4: Moving on – The tiny tweaks principle!!

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Embrace Change through showing up to your emotions