

Managing Your Emotions During Unprecedented Times

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Change...

Change can be scary for adults as well as children. We are living during a season where we are experiencing many firsts. We are living through a pandemic, learning and practicing things like social distancing coupled with the heightened exposure of injustices that have led to a season of social unrest for some. In addition to these collective traumatic occurrences, many of us are juggling work, distance learning for our children, supervising staff remotely and still faced with figuring out how to do all of this successfully. Just writing this statement caused me to experience many emotions.

Objective

Today you will gain additional insights on how to identify emotions as they happen and strategies that can lead to effectively managing them.

Let's talk
about it:
Take a
moment to
think about
how you are
feeling right
now.

Intensity of Feelings	HAPPY	SAD	ANGRY	AFRAID	ASHAMED
HIGH	Elated Excited Overjoyed Thrilled Exuberant Ecstatic Fired up Passionate	Depressed Agonized Alone Hurt Dejected Hopeless Sorrowful Miserable	Furious Enraged Outraged Boiling Irate Seething Loathsome Betrayed	Terrified Horrificed Scared stiff Petrified Fearful Panicky Frantic Shocked	Sorrowful Remorseful Defamed Worthless Disgraced Dishonored Mortified Admonished
MEDIUM	Cheerful Gratified Good Relieved Satisfied Glowing	Heartbroken Somber Lost Distressed Let down Melancholy	Upset Mad Defended Frustrated Agitated Disgusted	Apprehensive Frightened Threatened Insecure Uneasy Intimidated	Apologetic Unworthy Sneaky Guilty Embarrassed Secretive
LOW	Glad Contented Pleasant Tender Pleased Mellow	Unhappy Moody Blue Upset Disappointed Dissatisfied	Perturbed Annoyed Uptight Resistant Irritated Touchy	Cautious Nervous Worried Timid Unsure Anxious	Bashful Ridiculous Regretful Uncomfortable Pitied Silly



Slow down and identify what you are feeling and why. What happens physically? What happens mentally?

"If you understand your own feelings you get a really great handle on how you're going to interact and perform with others...So one of the first starting points is, 'what's going on inside of me?'" – Chuck Wolfe President, C.J. Wolfe Associates, LLC



Lean Into The Truth of Your Discomfort



Being forced out of our “normal” is uncomfortable however we cannot let it stop us from moving forward.

The more important it was to you, the more you want to hold on to old ways but when you lean into the truth of your reality:

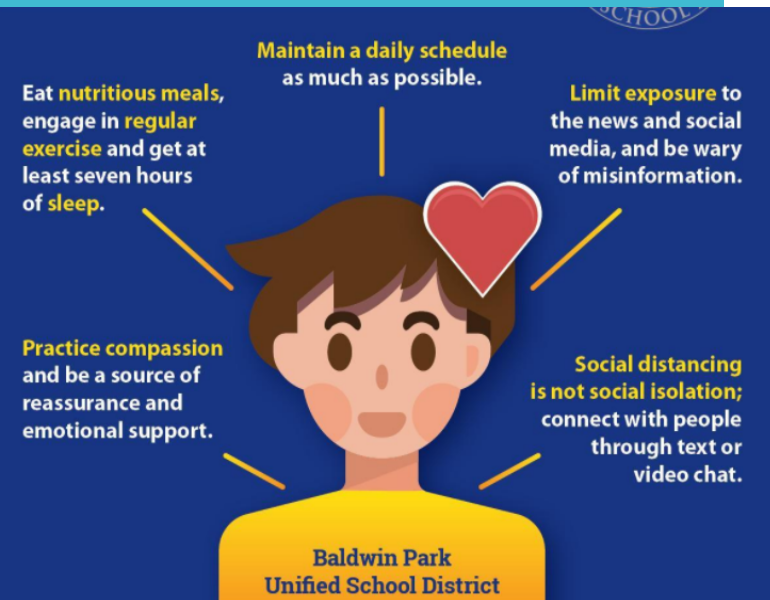
- You can get a better grasp of your emotions.
- You are forced to move forward.
- You know more than you realize.

Be Intentional: Recognize and Regulate

	Recognition	Regulation
Personal Competence	Self-Awareness <ul style="list-style-type: none">✓ Self-confidence✓ Awareness of your emotional state✓ Recognizing how your behavior impacts others✓ Paying attention to how others influence your emotional state	Self-Management <ul style="list-style-type: none">✓ Getting along well with others✓ Handling conflict effectively✓ Clearly expressing ideas and information✓ Using sensitivity to another person's feelings (empathy) to manage interactions successfully
Social Competence	Social Awareness <ul style="list-style-type: none">✓ Picking up on the mood in the room✓ Caring what others are going through✓ Hearing what the other person is "really" saying	Relationship Management <ul style="list-style-type: none">✓ Getting along well with others✓ Handling conflict effectively✓ Clearly expressing ideas/information✓ Using sensitivity to another person's feelings (empathy) to manage interactions successfully

Strategies to manage emotions effectively.

- Level set with recognition and regulation chart.
- Have empathy for self and others.
- Delay your response – sleep on it if able.
- Protect your peace: Limit news and social media; limit time with negative people.
- Incorporate physical activity.
- Say no – use this one wisely.
- Identify a circle of support including an accountability partner.



Your wellness matters and makes a difference in how you respond.

- Focus on what you can control.
- Manage your self talk.
- Seek relevant growth opportunities.
- Communicate openly and respectfully.
- Develop a routine.
- Get a good night's rest.
- Do things you love: Read, meditate, pray, listen to music, play board games with the family, walk in the park, pay it forward.
- Seek professional support if necessary.

We've got this!

