

Comprehensive Resilience Module Emotional Dimension

“What Do Emotions Do?”

Understanding / Importance

When you understand how your emotions work you can:

- Choose better responses to specific situations
- Help others work through their own emotions
- Decrease unnecessary negative emotions
- Increase the frequency and duration of positive emotions



Why is it important :

Understanding what emotions do and how they work can help you regulate and eventually use your emotions to your advantage.

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Emotions Are Markers

Definition of Emotions:

- *A momentary reaction*
- *To a specific situation*
- *That is real or perceived*



How Emotions Work:

- **Mark Moments**

Drawing attention to a situation

- **Coordinate your body's biochemical response**

Producing hormones for a fight or flight response, mobilizing energy, thoughts and actions to help you respond appropriately to the situation



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Emotions Are Markers

Emotions:

- Emotions draw attention to something we think is important
- Specific kinds of emotions draw our attention to the same type of situation (**such as anger, fear or pride**)
- This knowledge provides insight



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Emotions Mark Specific Situations



- You do things for other people
- Other people do things for you
- Our gratitude marks the moment in time
- The emotion of gratitude is caused by your thoughts about the situation

“We don’t feel pride every time we do our job, only those times when we feel we’ve done it with particularly noticeable skill”

Emotions Provide Insight



Knowing...

- Someone gave you a gift
- You felt gratitude for the gift



- Emotion is a give away to something unstated or unseen

Indicates...

Very little information

How you:

- feel about yourself
- the other person
- how you might respond

Emotions Mark Specific Situations

Identifying specific emotions provides insight into:

- What about a situation produced the emotion
- How others may view the situation and how they may react

Emotion	Thought	Response
Anger	The other person was in the wrong and offended you	Take some time to cool off and then let the other person know you are angry and why
Disappointment	The other person let you down	Think of a constructive way to say why that person let you down
Guilt	You let the other person down	Consider a way to apologize and repair the situation

Marking Moments Activity

- Match each thought to its corresponding emotion.
- Then enter a possible consequence for each emotion.

Emotion	Thoughts	Possible Consequence	
Anger			a. There are many ways to reach a goal.
Embarrassment			b. I did something very well.
Sadness			c. Everything is going right.
Proud			d. Got in my way / blocked a goal
Joyful			e. Something important has been lost .
Hope			f. Someone knows something about me I wish they didn't!

Coordinating Body and Mind Responses

Stressors and the Body's emotional response is normal

- Emotions help to coordinate our responses
- When you have an emotion, your entire body kicks into action



- Both your body and your mind undergo temporary changes to help you respond appropriately to the situation

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Coordinating Body and Mind Responses

- *Your Body's response to negative Emotions:*

- Heart may race or flutter

- Breathing may slow

- Stomach may turn

- Adrenaline may rush through your body



“The tension you feel in combat is good as it sends a message to your body to prepare to fight.”

Coordinating Body and Mind Responses

- *Your body's response to positive emotions*

➤ Peripheral vision expands

➤ Expansion allows you to take in more information

➤ Antidote to negative emotions



Replacing a negative emotion with a positive one, it's been shown to lower blood pressure

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Coordinating Body and Mind Responses

- ***The Brain's response to Emotions***

- **Sends a message to the brain to focus on the situation that triggered the emotion**
- **It allows you to prioritize your thoughts to attend to the situation at hand**



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Coordinating Social Responses

- *Emotions also have social consequences*



The expression of an emotion sends messages to the people around us and affect how people respond.



Emotions can change the way you think about a person and in turn, shape your future interaction.

How you respond to a specific situation with one person tells other people how you may behave in similar situations.

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How This Knowledge Helps You

- All of these changes happen as a result of just one event over the course of a few minutes
- Your emotional responses have an impact, good or bad on your overall unit
- If you recognize that you are having an emotional reaction, you can then work backwards to the source



“Why am I feeling this way?”

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Emotions Have Lasting Impact

- Emotions accumulate
- **Habitual negative emotions** (such as anger or anxiety)
 - ❖ Weaken your relationship
 - ❖ Affect your moods
 - ❖ Can lead to serious health complication
- **Habitual positive emotions** (such as joy and gratitude)
 - ❖ Have stronger and more meaningful relationships
 - ❖ Have an increased sense of purpose in life
 - ❖ Report having fewer symptoms of illness



Reflection

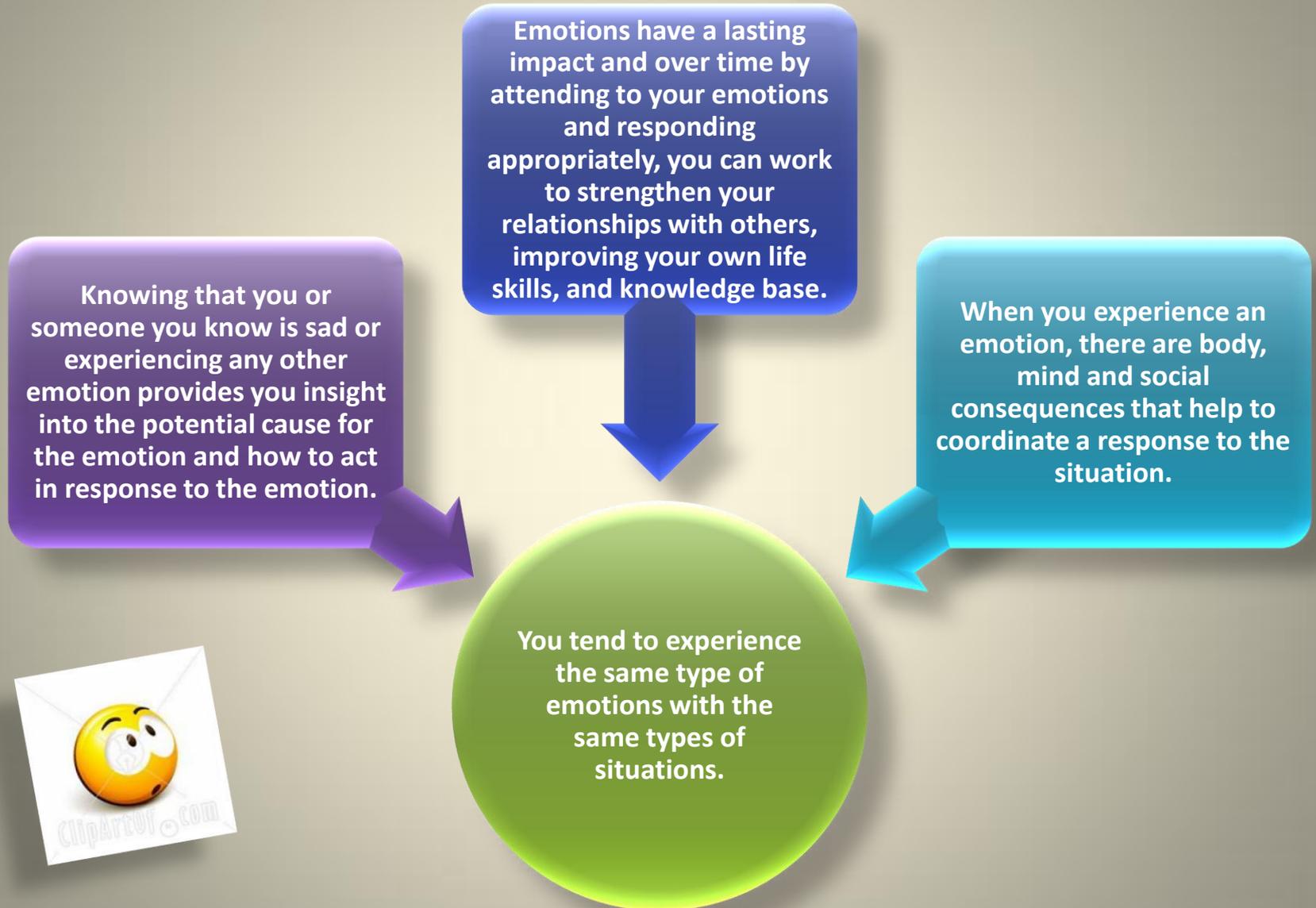
Write down a brief description of at least 3 emotional responses experienced in the past few days.

- What does the emotion tell you about what you find important in that situation?
- How does the emotion change what is happening in your body, in your mind and to your social interactions?
- Any common sources of emotional stress?



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Take Away



Final Take Away



Repeated exposure to negative emotions can work to break-down your physical and emotional health.

Negative emotions detract from the quality of our daily lives

Wouldn't you want to figure out how to reduce the impact of negative emotions and get more out of the positive.

Repeated exposure to positive emotions is good for your long term health and physical well being.

Positive emotions open us up and make us feel great about ourselves, our surroundings, and our future.



Questions



Questions

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