Comprehensive Resilience Module
Emotional Dimension

"What is an Emotion"

“Emotionally Fit”

“Everyday we experience all kinds of positive and negative emotions and these emotions have a powerful impact on our lives.”

Supporting a Resilient and Ready Force

Putting Things In Perspective

- *By putting things in Perspective, you can regulate your emotions and energy levels to enable critical thinking and optimal performance .*

Negative Emotions

- Gives you insight, as it influences how we act, choices we make and can shape future decisions

Positive Emotions

- Cultivates Resilience and opens you up to new opportunities

Resilience

- Helps you deal with the task at hand
- Improve relationships
- Increase sense of purpose, creating success in all aspects of life

“What Is An Emotion?”

“An emotion is a momentary reaction to a specific situation (real or perceived) that changes the way we feel.”

Once you recognize the emotional reaction, you have the control to start to cope with negative emotions or to prolong or relive positive emotions

Generalizations About Emotions

Emotions Are:

- Reactions to negative events
- Positive emotions can be described in one word, “happy”

Identifying Emotions (List an emotional response to the situation)

Situation	You might Feel
❖ You hurt some ones feelings you care about	
❖ Someone performed a task better than the average person	
❖ A friend said something you thought was silly or unexpected	
❖ You performed a task remarkably well	
❖ You lost something that had personal meaning to you	

How To Decrease Negative And Increase Positive Emotions

- If you are angry think of what you can do to change the situation
- Take time at the end of the day to think about things that made you feel valued or grateful
- When your lonely during a long separation, think about a joyful time with your family or loved one such as holidays, birthdays or just being together
- Delete negative emails and keep the positive ones, look at the positive emails from time to time to savior the positive emotions they generate

Identifying Your Own Emotional Response

- **Take a couple of minutes to think about the emotional responses you experienced today or yesterday and write it down.**

(Happy, Irritation, pride, disgust, amusement, etc.)

- **Ask Yourself:**
  - Am I paying attention to moments that cause negative or positive emotions?
  - Are my moods affected by an accumulation of my emotions?
  - Do I spend time cultivating positive emotions?

Take Away

- When you start to pay attention to your emotional responses. You will begin to see opportunities to regulate negative emotional moments while savoring the positive ones.

- It is the positive moments that cultivate resilience, and over time, this can have a positive impact on your long term health and well being .

- Emotions come up all day everyday. You can start very simply by noticing when you have an emotional reaction, what is the situation that has just made you irritated or joyful?