

Permission to Feel
Strategies for Healthy Emotion Regulation
During Uncertain Times

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 #PermissionToFeel

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Our Vision

To use the power of emotions to create a healthier and more equitable, innovative, and compassionate society

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Opening Quote

And **once the storm is over**, you won't remember how you made it through, how you managed to survive. You won't even be sure, whether the **storm** is really **over**. But one thing is certain. When you come out of the **storm**, you won't be the same person who walked in.

- Haruki Murakami

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How are you feeling?

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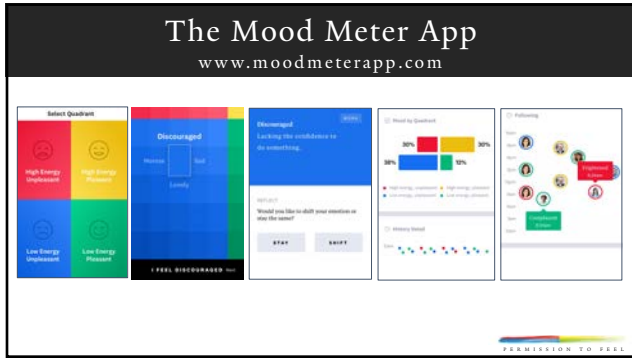
How are you feeling?

Surprised	Frustrated	Stressed	Jittery	Shocked	Surprised	Uplifted	Positive	Excited	Ecstatic
Livid	Furious	Frustrated	Worse	Shocked	Happy	Content	Relaxed	Inspired	Elated
Fuming	Highly upset	Angry	Nervous	Worried	Excited	Lively	Excited	Optimistic	Enthusiastic
Embarrassed	Apologetic	Worried	Critical	Angry	Pleased	Relaxed	Happy	Proud	Overjoyed
Appalled	Disappointed	Concerned	Worried	Frustrated	Pleased	Joyful	Helpful	Playful	Blissful
Disgusted	Disappointed	Disappointed	Disappointed	Disappointed	At Ease	Relaxed	Content	Living	Fulfilled
Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Calm	Secure	Satisfied	Grateful	Thrilled
Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Relaxed	Chill	Relaxed	Stressed	Balanced
Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Relaxed	Thoughtful	Peaceful	Content	Calm
Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Overwhelmed	Tired	Complacent	Relaxed	Easy	Stressed

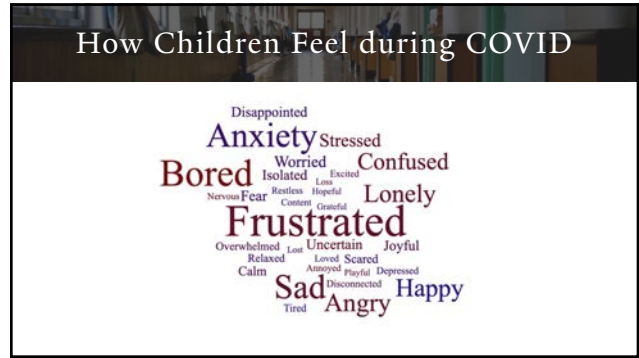
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The Mood Meter

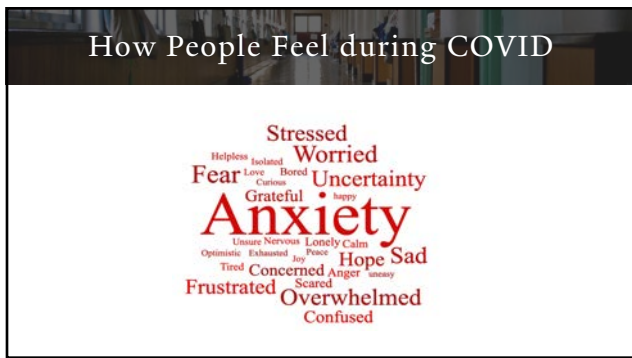
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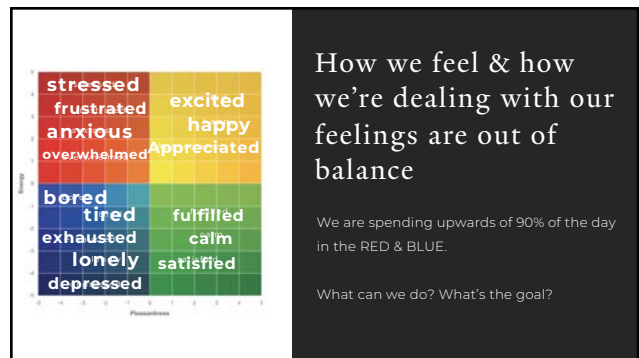
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How we feel & how we're dealing with our feelings are out of balance

We are spending upwards of 90% of the day in the RED & BLUE.

What can we do? What's the goal?

It starts with "Permission To Feel"



A word cloud featuring various positive traits in shades of green and yellow. The most prominent words are 'Compassionate', 'Empathic', 'Non-judgmental', and 'Supportive'. Other visible words include 'Vulnerable', 'Unconditional-love', 'Validating', 'Patient', 'Caring', 'Accepting', 'Encouraging', 'Attentive', 'Open-minded', 'Inviting', 'Open', 'Non-fear', and 'Genuine'.

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Emotions Matter



- Attention, memory, and learning
- Decision making
- Relationship quality
- Physical and mental health
- Performance and creativity

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Emotion Scientist vs. Emotion Judge

<p>An Emotion Scientist...</p> <ul style="list-style-type: none"> • Accepts <i>all</i> emotions as information • Sees emotions as ephemeral • Is open, curious, and reflective • Is in learner mode (investigates) • Wants to get "granular" • Has a "growth mindset" 	<p>An Emotion Judge...</p> <ul style="list-style-type: none"> • Views emotions as "error" and weak • Sees emotions as "permanent" • Is critical, closed, and ignores emotion • Is in knower mode (makes attributions) • Clumps emotions as good or bad • Has a "fixed mindset"
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Emotional Intelligence

Original definition:

"The ability to monitor one's own and others' feelings, to discriminate among them, and to use this information to guide one's thinking and action."

Salovey & Mayer (1990). *Emotional intelligence*.

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The RULER Skills

- R**ecognizing emotions in self and others
- U**nderstanding causes and consequences of emotions
- L**abeling emotions accurately
- E**xpressing emotions
- R**egulating emotions effectively

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Recognizing Emotion




Identifying emotion by interpreting our own thoughts and physiology, as well as others' facial expressions, vocal tones, body language, and behavior

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Understanding Emotion



Knowing the causes and contextual influences of emotions, as well as their consequences on thinking, learning, decisions, and behavior



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Labeling Emotion




Having and using a nuanced vocabulary to describe the full range of emotions



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Name it to Tame it


What's the difference among:
Anxiety, Stress, Frustrated, & Overwhelmed



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Label it to Regulate It

Anxiety = Uncertainty about the future
Stress = Too many demands, not enough resources
Frustrated = feeling like your goals are being blocked
Overwhelmed = Overcome by emotion




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Expressing Emotion



Knowing how and when to express emotions with different people and across contexts, including the influences of personality, gender, power, social norms, race, ethnicity, and culture



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Regulating Emotion



The "thoughts" and "actions" we use to prevent, reduce, initiate, maintain, or enhance our own and others' emotions (co-regulation) in order to promote wellbeing, build positive relationships, and attain goals



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Big 7 Strategies

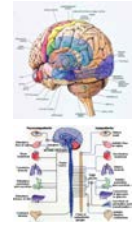
- It starts with...**PERMISSION TO FEEL**
- **PHYSIOLOGICAL REGULATION (Mindful breathing)**
- **PHYSICAL SELF-CARE (Sleep, nutrition, exercise)**
- **PSYCHOLOGICAL SELF-CARE (Taking time to set personal goals)**
- **SOCIAL CONNECTION (Build and maintain healthy relationships)**
- **COGNITIVE STRATEGIES (Managing your self-talk)**
- **ROUTINES (Setting yourself up for success)**

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Mindful Breathing

- **There's benefits to breathing!**
 - Better immune function,
 - less hypertension & asthma
 - Improved respiratory & cardiovascular function
 - Greater focus & attention (less chatter)
 - Less anxiety; Greater well-being



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Self-Care (Psychological)

- **Try your best to find some downtime.**
 - Shake-up your routine (sing while making your bed).
 - Write a gratitude letter to someone who inspired you & send it!
 - Do something creative: try a new recipe, draw, start a new photo album, journal
 - Watch a new show, listen to a new podcast, read a new book.
 - Offer help to your community. Givers are happier than takers!
 - Take an "awe walk"

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Monitor Your Self-Talk

- About 40% of our well-being has to do with our outlook on life
- Negative self-talk starts early, often by others who define our reality for us
- You can change the conversation you have in your head about yourself and the world around you
- We can't just say, "stop thinking that way!"



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Connecting with Others

We all have the basic needs to be seen, heard, and met

- **Be an #UncleMarvin:** the mere presence of a caring adult reduces the effects of stress and helps to reduce negative emotions – face-to-face in person or online.
- **Beware of Emotional Contagion:** It works for all emotions
- **Avoid Venting:** it doesn't help, and it can make you feel worse. Two things help: support and perspective. The best kinds of conversations do both.
- **Go from blaming to reframing:** Is there another way to look at this? Jump in the hot air balloon!
- **Engage in positive empathy** (the ability to share, celebrate and enjoy others' positive emotions bolsters individual well-being and relationship strength)

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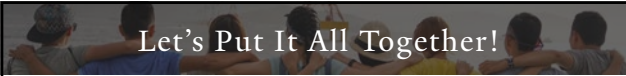
Let's Put It All Together!

- **Evaluate routines:** Consistency in wake-up time, meals, exercise, work schedule, play time.
- **Be a preventionist!** Try to surround yourself with people who are calming
- **Consider your best self each morning:** How do you want to be seen, talked about, and experienced?




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Let's Put It All Together!

- Give yourself & others the **permission to feel**
- Strive to become an **emotion scientist**, not an emotion judge
- Emotional Intelligence is about **accepting all feelings** and **using them wisely**.
- Appreciate that developing these skills can be harder than learning traditional "hard" skills. **It's life's work**
- **Be the role model.** If you fail, be open to apologizing, forgiving, and repairing – and seeking professional help if necessary
- Focus on **systemic change with an equity lens** & embrace its complexity
- Don't give up building a **healthier, & more equitable, innovative, & compassionate** society so all adults can achieve their dreams



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Thank you!



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"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

MAYA ANGELOU

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