

Huddle Up

Communication Series #3

Being aware of and controlling your emotions requires effort. Here are a few questions to ask yourself to increase your awareness and ways you can manage stress, so you can stay in control of your emotions.



What Emotions Am I Feeling?

- What am I thinking about?
- Am I thinking about what is happening now, or am I preoccupied with something else?
- Are my thoughts positive or negative?
- Did I just hear something that made me angry or sad?
- What is my body telling me?
- Are my muscles or stomach tight?
- Are my hands clenched?
- Is my breathing shallow?
- Am I forgetting to breathe?
- What am I doing?
- Am I engaged in the conversation?



Quick Ways to Manage Stress and Stay in Control of Your Emotions:



Take a few deep breaths



Count to 10



Tighten then relax your muscles



Think of a soothing image

If you are unable to remain calm, it may be better to remove yourself from the situation politely.

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Emotional Awareness

Emotional awareness is being aware of your thoughts and feelings. It is important to be aware of the emotions and attitudes you are displaying when interacting with others, so they do not get in the way of the message you are trying to communicate.

Self-awareness increases your ability to identify what underlying emotions may be impacting the patient's words and actions.