



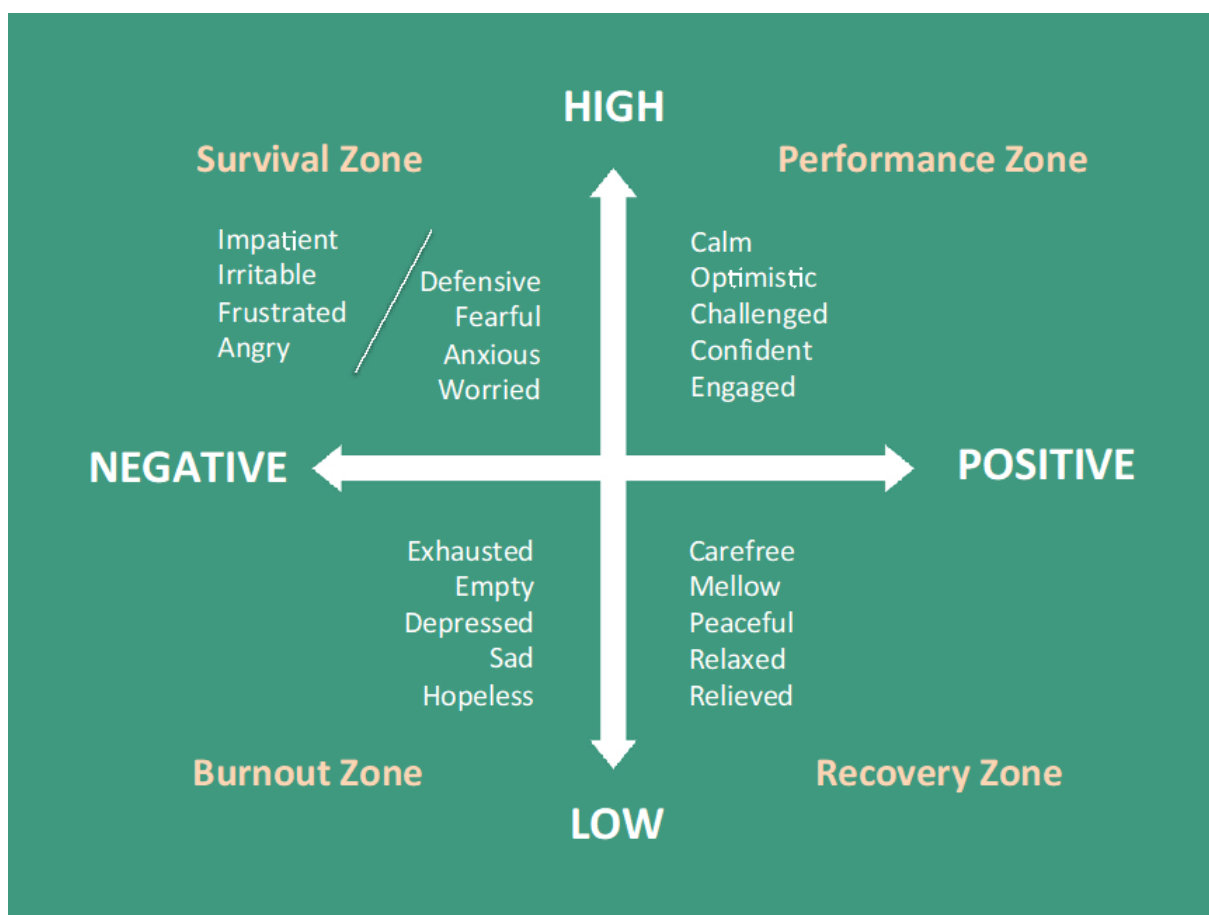
**WELLBEING
"HEALTHY HABITS"**

EMOTIONAL ENERGY

In today's world, we are experiencing a period of change and growth, at a speed in which we may not have experienced before. Technology, transport and world affairs are driving this quickening period. It is sometimes referred to as a VUCA (Volatile, Uncertain, Changing, Ambiguous) environment. Some of us enjoy and thrive during this period, for others it is a little more uncomfortable.

Emotional energy is how we feel about what is going on in our lives: our work, our relationships, ourselves, our situation.

Emotional energy is linked directly to the primitive part of the brain that human beings had long before we developed the pre-frontal cortex – the rational, thinking part of the brain.



Understanding our emotions and getting better at emotional regulation is important because our wellbeing is directly impacted by how we feel – about ourselves, about our work, about our lives.

If we can manage emotional energy we are more able to regulate our feelings, enabling us to function at a better emotional state; meaning we feel better about the things we can't change or influence, so that they don't become debilitating or keep us locked into an unhelpful pattern of behaviour.

Make daily use of the emotional energy quadrant model above, as a self-audit tool. Which quadrant am I in? If I am in the top left quadrant (survival) I need to get down to bottom right quadrant (recovery) so that I can move back up to top right quadrant (performance).

'Check in' with yourself regularly about how you're feeling. This is particularly helpful on your way home, to ensure the transition between work and home is a good one, enabling you to walk through the door in a positive emotional state.

The key is to engage the 'thinking' part of the brain alongside the 'emotional' part of the brain, thus developing 'emotional intelligence'.