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# HOW TO HANDLE EMOTIONS AT WORK

Many of us equate professionalism and leadership with emotional suppression, but it is actually the number one barrier between us and our purpose. Instead of suppressing emotions, we need to be mindful of them to regulate them.

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## TRY THESE TIPS:



### Reframe and Reappraise

Mindfulness teaches us that you can reinterpret situations in a healthier way.



### Accept

Recognize, name and understand your emotions. This helps you know how you're tuned and what your triggers are.



### Get Moving

Find a physical activity that helps you transition out of an emotional state. Could be anything, including something as simple as a walk.

Much of our behaviour is driven by our emotions and reactions to our emotions, so it's important to be aware of what is driving them.

