

## ENGAGING IN EMOTIONAL FIRST AID IMPLEMENTING GOOD EMOTIONAL HYGIENE

### Seven useful ways to reboot your emotional health...starting right now!

**1. Pay attention to emotional pain — recognize it when it happens and work to treat it before it feels all-encompassing.**

Our brain alerts us to physical pain that something is wrong and we need to address it. Emotional pain uses our heart. If a rejection, failure or bad mood is not getting better, it means you've sustained a psychological wound and you need to treat it.

**2. Redirect your gut reaction when you fail.**

Psychological wounds compound, one on top of the other. When we feel we have failed, our focus will be on things we can't do, instead of focusing on what you can do. Make a list of factors you can do to control your thoughts to think about your future successes.

**3. Monitor and protect your self-esteem. When you feel like putting yourself down, take a moment to be compassionate to yourself.**

Self-esteem buffers your emotional pain, just like your immune system buffers your physical health. Practicing self-compassion when you are feeling critical about yourself, will bring you self-support and improve the messages you should be giving to yourself.

**4. When negative thoughts are taking over, disrupt them with positive distraction.**

We often replay distressing events and thoughts over and over in our mind, believe we will solve the problem or condition if we just think about it longer. What we are actually doing is creating a deeper psychological pain. Disrupting unhealthy rumination requires you to distract yourself from the negative, ruminating thoughts, and focus on happier and healthier thoughts.

**5. Find meaning in loss.**

If we do not heal an open emotional wound properly, it creates a scar. As time continues, if we are still feeling the scar, we need to introduce a new way of thinking about it. Consider how you might gain or help others gain a new appreciation for purpose.

**6. Don't let excessive guilt linger.**

Guilt alerts us to take action to mend a problem in a relationship. Emotional and intellectual energy can be drained with guilt that distracts from other tasks, prevents one from enjoyment, and can lead to toxicity. Each guilt moment can be repaired with an empathy statement apology.

**7. Learn what treatments for emotional wounds work for you.**

Learn your personal communication in responding to wounds. Do you shrug them off, become really upset? Do you recover quickly or slowly? Examine techniques that are most helpful for your emotional wounds to close and heal, and take note as to those that relieve the draining of your energy quicker.



Recognize Emotional Pain



Be Gentle and Compassionate to Yourself



Distract Yourself from Rumination



Redefine Your View of Failure



Find Meaning in Loss

## ENGAGING IN EMOTIONAL FIRST AID IMPLEMENTING GOOD EMOTIONAL HYGIENE

### In the Age of Burnout – Breakthrough!

“In the Age of Burnout, breakthrough comes when we build resilience skillsets and mindsets and realign energy flows.”<sup>1</sup>

### 4 Sources of Energy

#### HEAD

Our thinking affects all aspects of our energy.

#### HEART

Emotions rule our actions and our relationships.

#### HANDS

“Often the hands will solve a mystery that the intellect has struggled with in vain.” – Carl Jung

#### HUMOR

Life needs laughter and the perspective of humor.

**Don't look for balance in your energy, look for harmony.**

### 5 Triggers That Might Contribute to Burnout

#### PERSONAL HISTORY AND 'VOICES'

Our internal self-talk tell us who we are and who we can be. If this is negative...first sign of burnout.

#### TECHNOLOGY TYRANTS

Emotions rule our actions and our relationships, social media takes control.

#### DISCONNECTED CONNECTIONS

“Often the hands will solve a mystery that the intellect has struggled with in vain.” – Carl Jung

#### CARETAKER CRISIS

Life needs laughter and the perspective of humor.

#### LACK OF MEANING AND PURPOSE

## 5 Triggers That Might Contribute to Burnout

### Personal Reflection – Trigger #1 Personal History and Voices

What is a personal subject or issue you commonly ruminate?

What do your voices say to you? Is it true?

Is it what you believe and want in your deepest soul? Why or why not?

What is the price you pay and is it worth it?

### Personal Reflection – Trigger #2 Technology Tyrants

“Multi-tasking is a myth, having us believe we are being productive when actually we are not. Heavy multi-taskers are 40% less productive, because of interruptions.”<sup>ii</sup> (McDargh, 2020)

Do you consider yourself a multitasking genius?

Are you addicted to your smart phone? Do you have a hard time shutting it off at the end of the day; or ending your 'finger scrolling' on social media?

Can you limit your to-do list to what is actually feasible in the day? What feelings do you have about your to-do list each day?

### Personal Reflection – Trigger #3 Disconnected Connections

“47% of Americans often feel alone, left out and lacking meaning connection with others...yet we are more ‘connected’ via smartphones and social media; this is a problem.”<sup>iii</sup> (McDargh, 2020)

Describe the last time you had a meaningful conversation with someone and really listened to their perspective. What did you learn? What did you do that made this interaction be a deep connection?

How does your cyber connections and social media friends add or take away valuable time in your life?

What steps are you willing to take to increase opportune meaningful connections in your personal and professional life?

### Personal Reflection – Trigger #4 Caretaker Crisis

“Strong social connections show that positive emotions improve performance and resilience. Make strengthening social connections a strategic priority.”<sup>iv</sup> (McDargh, 2020)

Describe your current personal 'care-taking' responsibilities. What valuable time is added or taken away due to your role as a 'caretaker' of others?

Who are the people looking for you to provide caretaking? What are the strategies you can use to help place a perimeter fence around your valued time and prevent energy from escaping?

What resources and support do you need to help you prevent caretaking crises?

### Personal Reflection – Trigger #5 Lack of Meaning & Purpose

“Happiness is equated not with having wealth but rather with being engaged in finding something worthwhile to do with one’s time -- something that is meaningful.”<sup>v</sup> (McDargh, 2020)

What are the tasks and experiences in your life that bring meaning and happiness to you?

What are the tasks and experiences with others that bring meaning and happiness to you?

When you feel ‘stuck’ in finding meaning or happiness with your life, what strategies do you use to re-engage your meaningful and happiness attitude? What supports could you use help exploring to improve your ruminating thoughts of finding meaning and happiness?

### Strategies I Learned Today:

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<sup>i</sup> McDargh, Eileen. 2020. Burnout to Breakthrough: Building Resilience to refuel, recharge, and reclaim what matters.

<sup>ii</sup> McDargh, Eileen. 2020. Burnout to Breakthrough: Building Resilience to refuel, recharge, and reclaim what matters.

<sup>iii</sup> McDargh, Eileen. 2020. Burnout to Breakthrough: Building Resilience to refuel, recharge, and reclaim what matters.

<sup>iv</sup> McDargh, Eileen. 2020. Burnout to Breakthrough: Building Resilience to refuel, recharge, and reclaim what matters.

<sup>v</sup> McDargh, Eileen. 2020. Burnout to Breakthrough: Building Resilience to refuel, recharge, and reclaim what matters.

VIDEO: Guy Winch (Psychologist) <https://ideas.ted.com/7-ways-to-practice-emotional-first-aid/>