

PRACTICING EMOTIONAL AGILITY IN TIMES OF UNCERTAINTY

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“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Viktor Frankl

1 BECOME AWARE OF YOUR OWN EMOTIONAL AGILITY SKILL

- Watch [“The Gift and Power of Emotional Courage”](#).
- Answer these reflection questions:
 1. What is emotional agility?
 2. When have you been emotionally agile?
 3. How can you be emotionally agile today?



2 PERSPECTIVE TAKING: MY EMOTIONS ARE DATA POINTS

- Emotions are not “good” or “bad”; nor are emotions “me”. Add perspective to emotions by:
 1. Naming the emotion you are experiencing using the sentence starter: “I am noticing that I feel...”.
 2. Accepting that emotions have a purpose. What is the purpose of this emotion?

3 OPTIMIZING ENERGY RESOURCES

- Practice habits of optimal mental wellbeing:
 1. Optimize sleep for > 8 hrs of high-quality rest.
 2. Be physically active.
 3. Practice rhythmic breathing for relaxation and/or mindfulness 10 – 20 minutes daily.
 4. Reduce exposure to screens and social media.

4 WALK YOUR WHY

- Complete your own “Who Am I Through COVID-19” chart.
- You can be Fearful, Learning, and Growth. Emotional agility offers you freedom to be YOU.

5 TWEAK YOUR GOALS

- This is the perfect time to re-establish your goals.
 1. What do I want to accomplish in the next month?
 2. Decide what I need to develop.
 3. Make a plan for steady improvement.
 4. Commit yourself completely.
 5. Monitor your progress.

