

EMOTIONAL LABOR

MANAGING EMOTIONS DURING INTERACTIONS TO MEET PROFESSIONAL GOALS OR WORK ROLE REQUIREMENTS.

EMOTIONAL/INTERACTIVE PATTERNS

CONSCIOUS AND SUBCONSCIOUS INSTRUCTIONS FOR MANAGING EMOTIONS WHEN DEALING WITH OTHERS.

EMOTIONAL LIMITS

KNOW WHAT'S ACCEPTABLE FOR YOU, WHAT IS NOT, AND BE SPECIFIC! HAVING SPECIFIC LIMITS MAKES IT EASIER TO IDENTIFY WHEN YOUR BOUNDARIES AREN'T BEING RESPECTED BY OTHERS OR YOURSELF.

KNOW YOUR VALUES

KNOW WHAT'S IMPORTANT TO YOU, AND THINK ABOUT HOW YOUR ACTIONS AND PRIORITIES LINE UP. ORGANIZING YOUR PRIORITIES MAKES IT EASIER TO IDENTIFY WHEN YOU AREN'T LIVING AUTHENTICALLY. TO REACH IMPORTANT GOALS WE WILL HAVE TO MAKE SOME SACRIFICES. THINK ABOUT WHAT YOU ARE SACRIFICING AND FOR WHOSE GOALS?

LISTEN TO YOUR EMOTIONS

INSTEAD OF BURYING FEELINGS OR "PUSHING THROUGH", ASK WHAT ARE MY FEELINGS TELLING ME I NEED. FOR EXAMPLE, RESENTMENT IS OFTEN TRACED BACK TO FEELING TAKEN ADVANTAGE OF OR INEQUALITY.

RESPECT YOUR OWN BOUNDARIES

HAVING GOOD BOUNDARIES AND RESPECTING THEM HELPS ENSURE THAT WE CAN MAKE DECISIONS FROM THE BEST PLACE POSSIBLE. IF WE DON'T RESPECT OUR OWN BOUNDARIES AND NEEDS IT IS UNLIKELY ANYONE ELSE WILL.

LOOK AT THE BIG PICTURE

NO RELATIONSHIPS WILL BE COMPLETELY EQUAL 100% OF THE TIME, BUT ENSURE THAT THERE IS BALANCE. WHEN YOU LOOK AT THE BIG PICTURE, IS THERE ENOUGH GIVE AND TAKE TO MAINTAIN HEALTHY BOUNDARIES?

ASK FOR WHAT YOU NEED

IT IS ALWAYS OK TO ASK FOR WHAT YOU NEED. SOMETIMES THE ANSWER WILL BE NO, BUT THIS IS STILL VALUABLE INFORMATION. FOR EXAMPLE, IF YOU ASK NOT TO BE SCHEDULED FOR DOUBLES BACK TO BACK AND YOUR MANAGER DENIES YOUR REQUEST. YOU COULD PROBABLY PREDICT THE IMPACT WORKING THOSE SHIFTS WILL HAVE ON YOUR OVERALL HEALTH, AND HOW THAT AFFECTS YOUR BOUNDARIES.

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