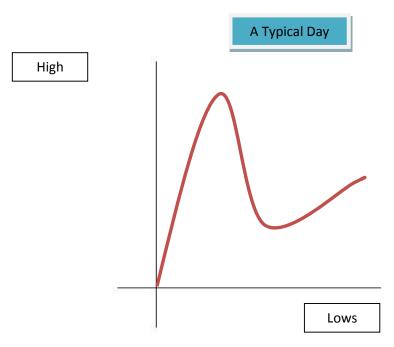
Emotional Resilience

Emotion barometer

This exercise involves choosing someone to follow to track their emotions. Follow a colleague through a typical day and plot their highs and lows through the day as a curve on a graph showing how up they are feeling versus how low. Name their emotions when you can - how they change and what triggers the changes. Follow your own emotional state as observer of the day. Your own highs and lows, what triggers them (these could be associations with current and previous life events). Once you have done this a few times, try to differentiate between other people's emotional states, to fine-tune your empathy barometer.



Name of Emotions and What Triggers Them

Emotions	What triggers them	

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