

# RESILIENCY

## Resiliency In The Moment: Emotional Awareness

“Emotions can get in the way or get you on the way.”

- Mavis Mazhura

### Press pause and check in with your emotions.

1. Name the emotion you are feeling right now.
2. Determine if this is the feeling you want to have.
3. If not, what action can you take to move from the emotion you're experiencing to the emotional state you want? Take care of yourself and take action!

Our thoughts, feelings, and behaviors are connected. Changing thoughts to be more helpful will have a huge impact on the intensity of your emotions and shift your behaviors to be much more productive, self-compassionate and respectful. This sets off a chain of events leading to more positive thoughts.

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