

# ARE YOU HAVING A (MOSTLY) GOOD DAY?

## Five basic facts about emotions

1. All of us experience different emotions throughout our day.
2. There are lots of emotions; some of which are shown below.
3. Emotions are complicated; we sometimes have more than one at the same time.
4. All emotions are simply a message about what's happening in our world.
5. Some emotions don't make us feel good or function well.

Soft State	Affection Fondness Tenderness Warmth Respect Compassion	Grateful Thankful Glad Optimistic Interested	Peaceful Relaxed Accepted Content Fortunate Sense of Belonging	Confident Dynamic Compelling Impressive	Annoyed Cross Cranky Impatient Critical Antagonistic	Puzzled Hesitant Uneasy Doubtful Apprehensive Cautious Vigilant Concerned	Gloomy Let down Pessimistic Disappointed Remorseful Apathetic	Nauseated Objectionable Reluctance Critical Bored
Neutral State	Love Passion Tenderness Admiration Passionate	Joy Cheerful Friendly Kind Playful Fulfilled Positive	Safe OK Calm Open Secure Trust	Powerful Proud Strong Capable Credible Robust Effective	Anger Hurt Bitter Resentful Exasperated Mad Irritable	Fear Afraid Anxious Worried Scared Alarmed Suspicious Confused	Sad Empty Sorrowful Tearful Woeful Upset Miserable	Disgust Dislike Distaste Antipathy Displeasure Contempt
Intense State	Lust Yearning Ecstasy Adoration Infatuation	Alive Ecstatic Excited Thrilled	Cherished Impervious Shielded Sheltered Immune Protected Defended	Intense Obsessive Forceful Controlling Forcible Zealous	Enraged Outraged Infuriated Vengeful Seething Furious Aggressive	Terrified Horrorified Petrified Panicked Paralysed Threatened Helpless	Grief -stricken Worthless Hopeless Despairing Devastated Rejected Overcome	Loathing Hatred Revulsion Repugnance Horror Dread

✓  
YES

✗  
NO

DO YOU WANT  
TO HAVE A (MOSTLY)  
GOOD DAY?

✓  
YES

✗  
NO

KEEP DOING WHAT

YOU'RE DOING!

## CHANGE SOMETHING

Choose from this list...



### Manage your mindset

- Share your feelings with someone you trust
- Consider what's causing your emotions
- Keep a gratitude journal
- Hunt for the positive things, no matter how small
- Do something that makes you feel love, safe, powerful or joy



### Invest in Self-Care

- Do something to create calm, peace or relaxation
- Unplug from technology for a few hours
- Do something that energises you (e.g. physical activity or a hobby)
- Get an early night
- Make better food choices today



### Connect with others

- Ask a friend for help
- Talk to your manager about your day
- Phone or meet someone who makes you smile
- Do something kind for another person
- Find a tribe (e.g. sports team or hobby)



### Choose to learn

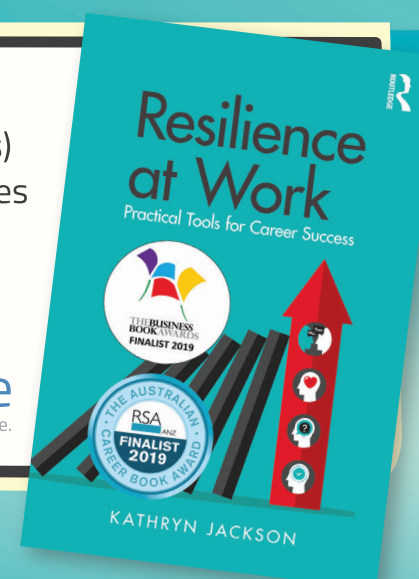
- Research new coping strategies
- Ask for feedback to help you
- Remember (and use) your strengths
- Think of what has helped you before
- Focus on what you can change

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If you feel stuck in emotions that you would like to change, or are worried about your wellbeing, please seek additional support from a mental health professional.