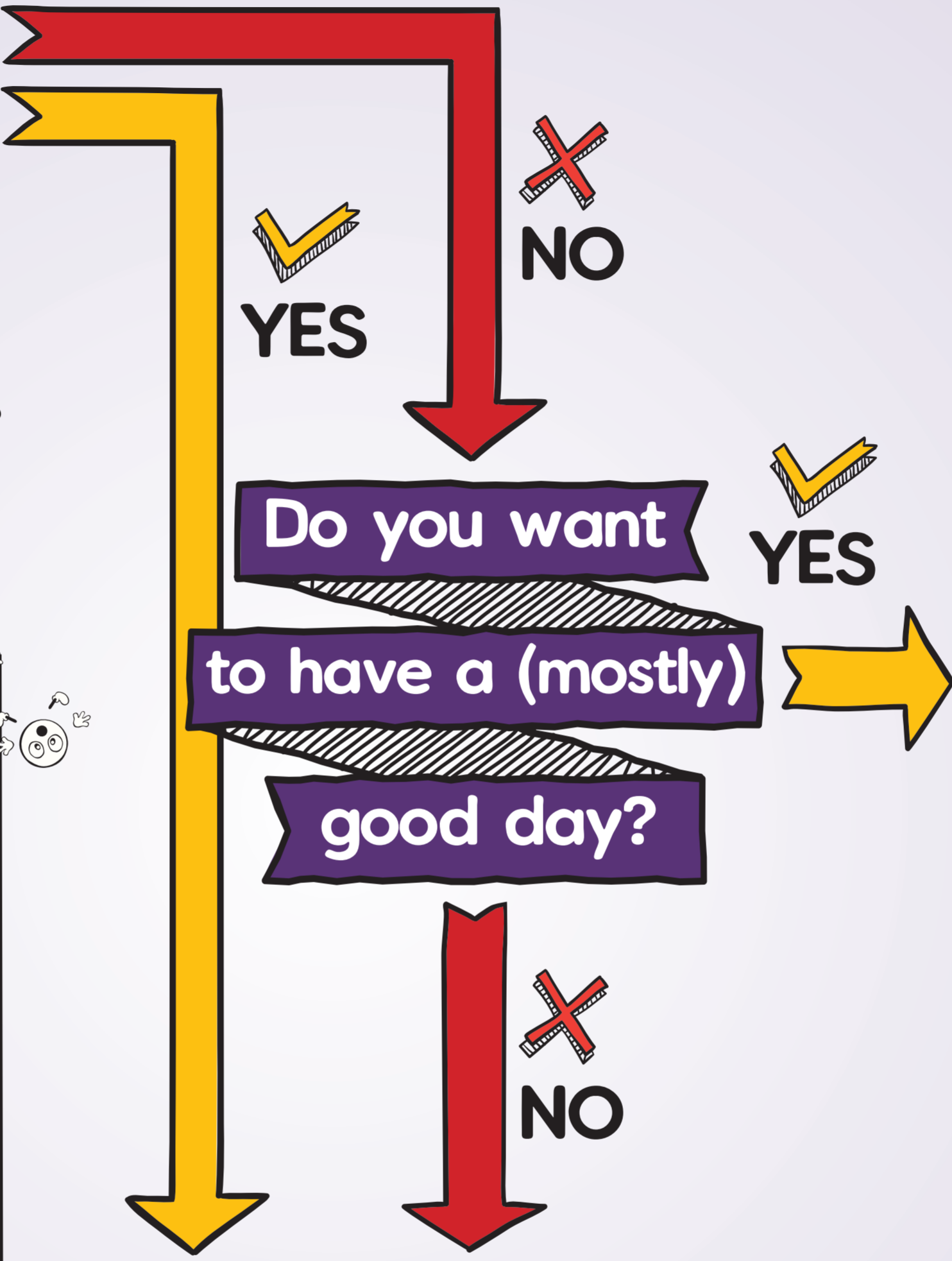


Are you having a (mostly) good day?

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. Emotions can be highly contagious - consider what you're spreading

Soft State	Affectionate Fondness Amiable Warmth Respect Compassion Admire Care Kind	Grateful Thankful Glad Captivated Amused Enthusiastic Fulfilled	Peaceful Relaxed Accepted Content Fortunate Belonging Open-minded Care-free	Confident Dynamic Compelling Impressive Credible Awed Capable	Annoyed Cross Cranky Impatient Critical Antagonistic Reactive Defensive Grouchy	Puzzled Hesitant Uneasy Doubtful Apprehensive Cautious Curious Vigilant Guarded Bewildered	Jaded Gloomy Let down Pessimistic Disappointed Remorseful Apathetic Disheartened Blue Dejected	Nauseated Objectionable Reluctance Criticism Bitter Boredom
Neutral State	Love Passion Tenderness Admiration Kind Fulfilled Passionate Adoration	Joy Cheerful Friendly Happy Playful Positive Blissful Delighted Optimism	Safe OK Calm Courageous Open Secure Brave Trust	Powerful Proud Strong Inspired Robust Effective Bold	Anger Hurt Bitter Resentful Exasperated Mad Irritable Cantankerous	Fear Afraid Anxious Worried Scared Alarmed Suspicious Confused	Sad Empty Sorrowful Melancholy Tearful Woeful Upset Miserable	Disgust Dislike Distaste Antipathy Displeasure Contempt Disdainful
Intense State	Lust Yearning Ecstasy Infatuation Obsession	Alive Ecstatic Excited Thrilled Elated Energised Euphoric	Daring Impervious Shielded Sheltered Immune Protected Defended	Intense Obsessive Forceful Controlling Forcible Zealous Defiant	Enraged Aggravated Outraged Infuriated Vengeful Seething Furious Aggressive	Terrified Horrificed Pettrified Panicked Paralysed Threatened Helpless	Grief-stricken Worthless Hopeless Despairing Devastated Depressed Rejected Overcome	Loathing Hatred Revulsion Repugnance Hatefulness Horror Dread



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 helps 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

The Great Recharge is a wellbeing programme like nothing you've ever experienced. Interactive workshops bridge the gap between surviving and thriving at work, and explore topics that will help you to navigate a world of constant change. Choose from **Quick Charge**, **Fully Charged** or **Lead the Charge**, and then access our unique embedding resources to drive deep and lasting results.

Visit www.careerbalance or email hello@careerbalance.co.nz

Keep doing what you're doing!

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.