

Support for Employees Experiencing Emotional Reactions during Change¹

Preparing yourself to deal with employees who are feeling distress:

Why Other People's Emotional Responses Impact Us

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/Why_Other_Peoples_Emotional_Responses_Impact_Us.pdf

Taking Responsibility for Your Reactions and Feelings

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/Taking_Responsibility_for_Your_Reactions_and_Feelings.pdf

Exercise: Emotional Triggers

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/exercises/Emotional_Triggers.pdf

Supporting employees who are feeling distress:

Responding to Emotionally Distressed Workers

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/Responding_to_Emotionally_Distressed_Workers.pdf

Exercise: Awareness of Other People's Emotions

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/exercises/Awareness_of_Other_Peoples_Emotions.pdf

Different Approaches for Different Emotions

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/Different_Approaches_for_Different_Emotions.pdf

Exercise: Practicing Non-Judgmental Interpretations

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/exercises/Practicing_Non_Judgmental_Interpretations.pdf

The Power of Empathic Questions

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/The_Power_of_Empathic_Questions.pdf

Team building activities during times of change:

Reacting to Change

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Reacting_to_Change.pdf

Acknowledging Strengths

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Acknowledging_Strengths.pdf

¹ Resources from Great-West Life Centre for Mental Health in the Workplace available at:

<https://www.workplacestrategiesformentalhealth.com/>

Acknowledging our Accomplishments

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Acknowledging_Our_Accomplishments.pdf

Dealing with Disappointment

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Dealing_with_Disappointment.pdf

Dealing with Worry

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Dealing_with_Worry.pdf

Individuals managing their emotions during times of change:

Exercise: Using Self-Talk to Overcome Barriers

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/exercises/Using_Self_Talk_to_Overcome_Barriers.pdf

Exercise: The Emotional Impact of Automatic Thoughts

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/The_Emotional_Impact_of_Automatic_Thoughts.pdf

Helping troubled co-workers

https://www.workplacestrategiesformentalhealth.com/pdf/Helping_troubled_coworkers.pdf

Exercise: Emotional Contagion

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Emotional_Contagion.pdf

Exercise: Understanding Basic Human Needs

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Understanding_Basic_Human_Needs.pdf

Exercise: Expressing Emotions Constructively

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Expressing_Emotions_Constructively.pdf

Expressing Anger Appropriately

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/articles/Expressing_Anger_Appropriately.pdf

Exercise: Examining Emotionally-Driven Decision-Making

https://www.workplacestrategiesformentalhealth.com/pdf/exercises/Examining_Emotionally_Driven_Decision_Making.pdf

Stress Reduction and the Power of Thought

https://www.workplacestrategiesformentalhealth.com/pdf/articles/Stress_Reduction_and_the_Power_of_Thought.pdf

Healthy Break Activities

<https://www.workplacestrategiesformentalhealth.com/employee-resources/healthy-break-activities>