



Presented by BU Happiness College

Keep Calm & Carry On

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"You are the sky.
Everything else is just the weather."
- **Pema Chodron**

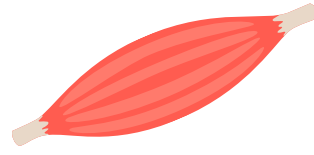
Signs of Stress



Increased heart rate



Shallow breathing



Tense muscles



Sweating



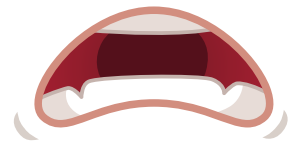
Flushed skin



Shaking hands

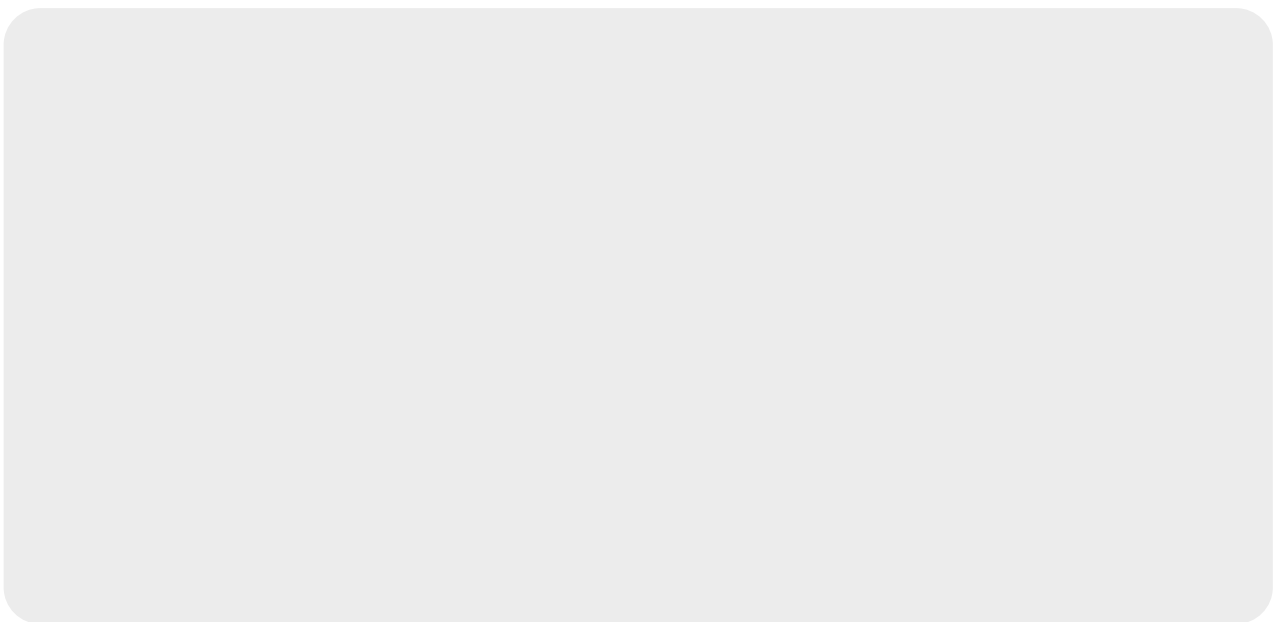


Difficulty speaking



Dryness in the mouth

Calm breathing



Dropping Anchor



Blank rounded rectangular box for writing.

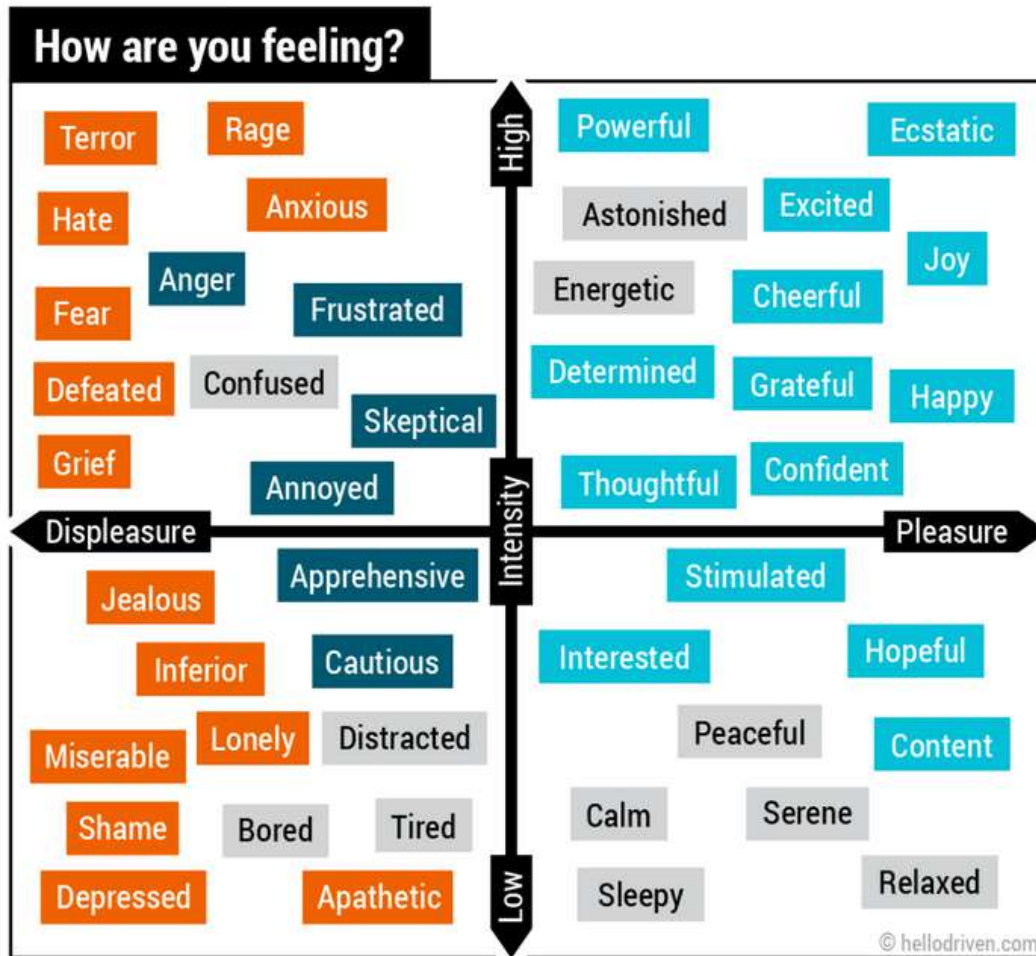


Blank rounded rectangular box for writing.



Blank rounded rectangular box for writing.

Labelling Emotions



Legend

Constructive emotions	Neutral emotions	Are your emotions leading to useful and constructive actions?
Constructive displeasure	Disruptive emotions	

Notes

Labelling Emotions

Think of a challenging situation where you had a strong reaction. What are you feeling?



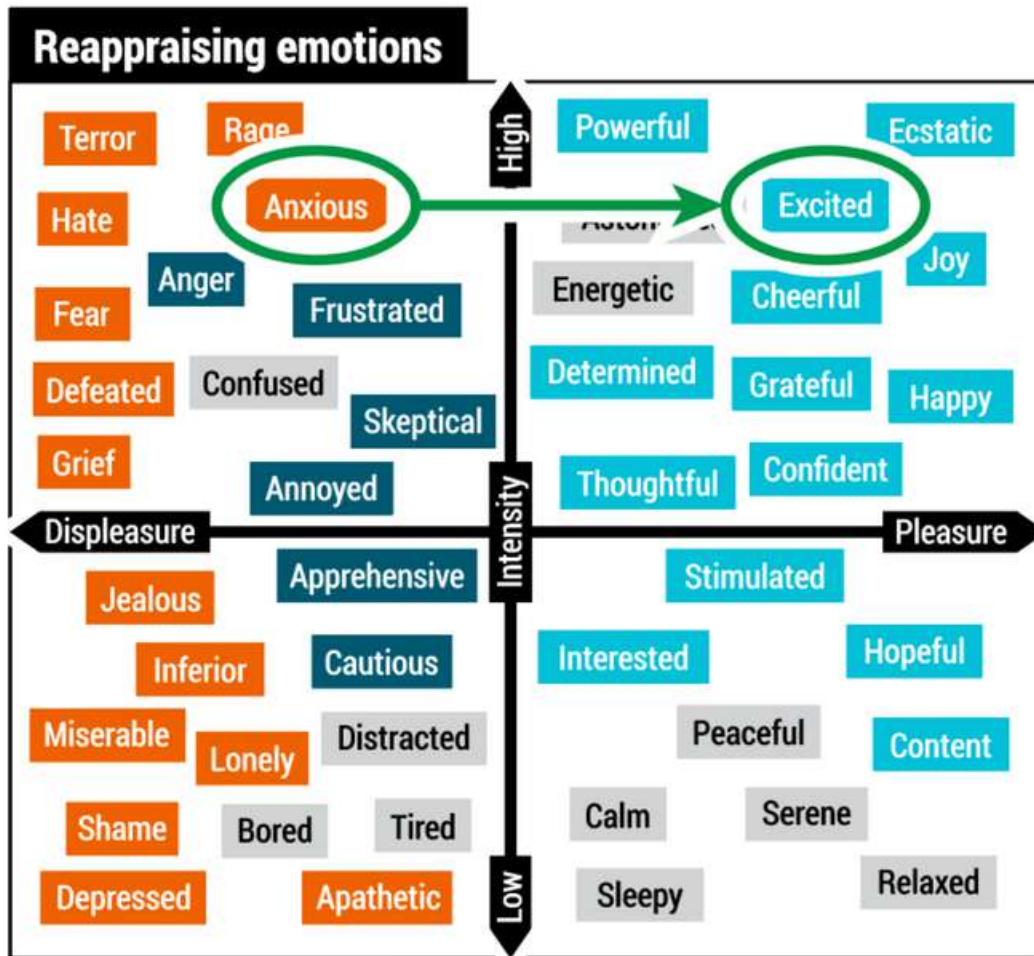
Was this constructive or useful for the situation you were in? Does it bring you closer to your goals?



How can you change it?



Reappraisal



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Legend

Constructive emotions	Neutral emotions	Are your emotions leading to useful and constructive actions?
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Notes

Reappraisal

Using the previous challenging situation, what's a way you can reinterpret it into an opportunity?



How can you shift the emotion that you experienced in your challenging situation?



Give yourself evidence to believe it



A close-up photograph of a person's hands holding a pen and writing in a spiral notebook. The person is wearing a dark-colored shirt. The background is softly blurred, showing what appears to be a window with light-colored curtains.

Key Takeaways

Takeaway 1...

Takeaway 2...

Takeaway 3...