

# Managing Emotions

Lisa A. Barron, Ph.D., MBA

[lbarron@uci.edu](mailto:lbarron@uci.edu)

# How to Be Self-Aware

- Watch your body
- Be aware of your “hot” buttons
- Note triggering people and situations
- Notice how others are reacting/responding



# Practice Self-Management

- Managing your own emotions
  - Go to the balcony
  - Practice breathing exercises
  - Detach emotionally
  - Depersonalize the behavior
  - ASK: What's my bigger goal here?

# Ex #3: Breathing Exercise

- Sit upright, both feet on the floor, hands on lap
- Think of something that made you very upset or angry. Really get into it
- Focus on the breath entering and existing the very end of your nostril
- As I guide you, breath in and breath out, focusing ONLY on feeling the breath at the edge of your nostril. Repeat the breathing in and out, focusing on the breath passing the nostril for 3 inhales.

# How Upset are You Now?

- Check in with yourself – are you still so upset/angry?
- If you focus only on the breath at the nostril going in and out for about 3 breaths it generally will really calm you down

# Consider Their Triggers

- Are they getting upset?
- Is the conflict escalating?
- Managing your emotions – Impact of emotional contagion (emotions can be transferred from one person to another, particularly a high-status person)
- Managing their emotions
  - Avoid using “why”
    - It begs a justification and elicits a defensive response
  - Monitor your tone
  - Avoid the silent “you idiot”
  - Back down
  - Avoid impersonal modes of communication (e.g. texting, email)