

Emotional Agility

Webinar Handout

Introduction to Emotional Agility

In mindful meditation, there are many techniques to help you remain in the present moment and create space between what's happening and your response to what's happening. You can practice being an observer of both your physical environment and what's going on in your mind. Emotional agility is observing your emotions with mindfulness by accepting them, facing into them, and then moving past them.

Emotional agility reminds us that emotions are not bad. Rather, they are messengers that deliver information about actions you may need to take. You can learn from your emotions and use them to guide you towards living a life that's in tune with your values.

How to Practice Emotional Agility

You can practice emotional agility in your meditation by following these steps:

1. Acknowledge your emotions. Instead of ignoring difficult thoughts and emotions, face into them with curiosity and kindness. Perhaps label the feeling.
2. Step out. Try to detach from your inner monologue, or the story you're telling yourself about your thoughts and emotions. See yourself from an outside perspective.
3. Watch the emotions go. Even the hardest emotions don't last forever. Sadness, anger, frustration — these feelings have value, but they also pass. In your meditation, notice as thoughts and emotions come into your mind and as they leave.

Just as it takes time to strengthen muscles, it also takes time to strengthen your ability to welcome and respond to your emotions, rather than avoid them. If after practicing these techniques, you find your stress and emotions overwhelming, please reach out to your agency Employee Assistance Program (EAP) for support.

Additional Ways to Practice

- Check in with your emotions throughout the day to see what they are telling you.
- Practice self-compassion for the difficult emotions you face.
- Name the thought or emotion.

Resource

David, S. (2016). *Emotional Agility: Get Unstuck, Embrace Change, and Thrive in Work and Life*. New York, NY: Avery Publisher.

