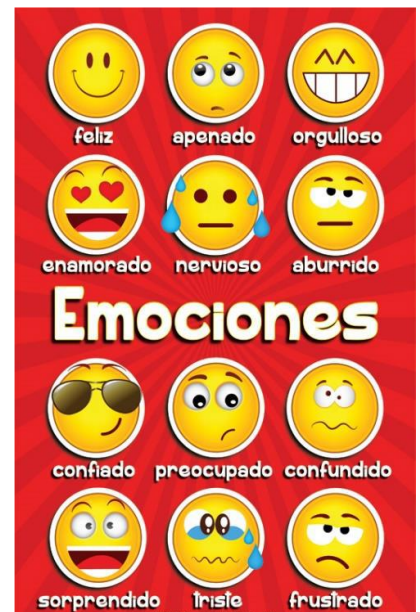
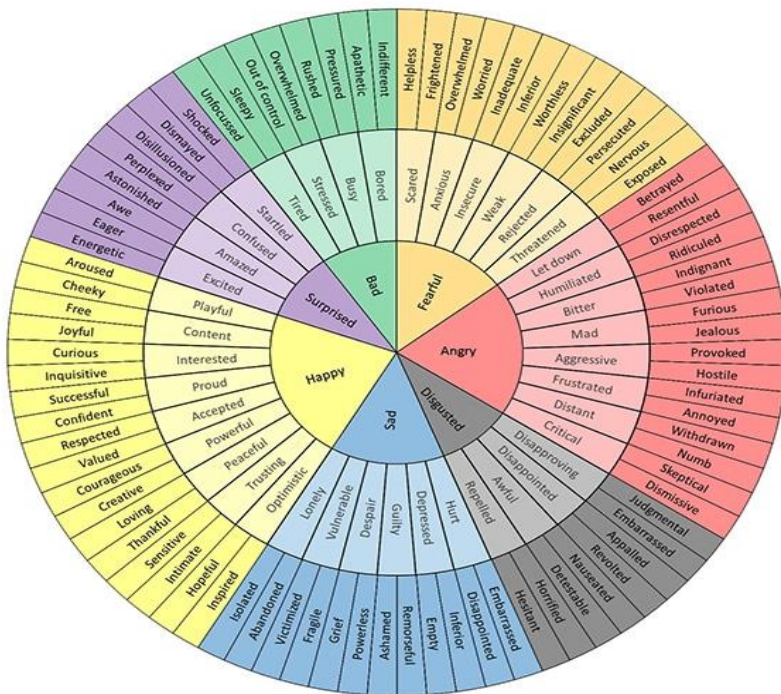


Mindful Memo

Week 11 – October 18th-October 22nd, 2021- RCMA Wimauma Community Academy

Understanding Strong Emotions

This week's focus is be on labeling emotions. Labeling emotions will help us explore the "why" of our feelings, and increase our emotional intelligence (EQ) with others. This week, when we feel ourselves experiencing a strong emotion (which happens frequently given the world in which we're living), recognize and label it (don't use vague words like mad or sad). Say a simple phrase such as "this is impatience" or "I feel this way because of worry." By being specific, we'll better understand the origin of the feeling, and be able to experience the true emotion fully without letting it overwhelm us. Use the wheel below to get to the root of the emotion.



EMOTIONAL INTELLIGENCE ALLOWS US TO RESPOND INSTEAD OF REACT.