



SESKAT. Development of Social and Emotional Skills in Adult Training
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Emotional Anchor

**SESKAT Training
Toolbox**



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Description

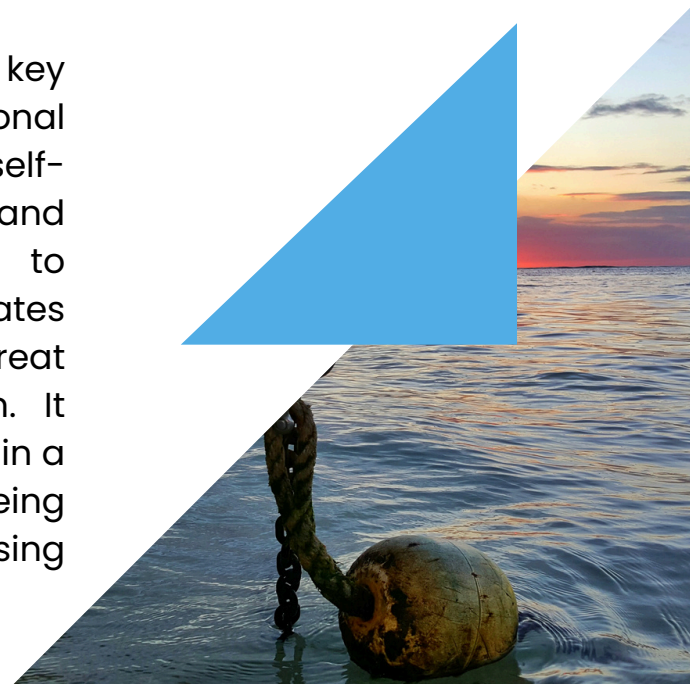
This tool is a personal exercise designed to help individuals recognise, understand, and manage their emotions effectively when dealing with strong emotions. It serves as a 'mental anchor' that individuals can use in various situations to maintain emotional balance and perspective. The exercise is crafted to be practised alone, making it universally accessible and applicable in various life scenarios.

Objectives

- To enhance the ability to identify and acknowledge various emotions as they arise
- To develop strategies to manage intense emotions and maintain emotional equilibrium
- To strengthen personal resilience by fostering a habit of constructive emotional responses

Connection with Soft Skills and Emotional Intelligence

This tool is closely linked to key components of emotional intelligence, including self-awareness, self-regulation, and empathy. It helps participants to recognise one's emotional states and their impact, making it a great tool to promote self-regulation. It encourages managing emotions in a healthy way without being overwhelmed as well as empathising with others.



Resources and Materials

- Ideally, the activity will take place in a quiet, comfortable space that allows for reflection
- A journal or notepad for recording thoughts and emotions is highly recommended

Steps

01

5 minutes: When experiencing a strong emotion, pause and take some personal space to identify the emotion. Name it (e.g., anger, anxiety, joy).

02

5 minutes: Reflect on what triggered this emotion. Write it down using a journal.

03

3 minutes: Notice any physical sensations associated with the emotion (e.g., tightness in the chest, racing heart, warm forehead).

04

5 minutes: Practise deep breathing to centre yourself and regulate the emotional intensity.

05

5 minutes: Ask yourself, "What's another way to view this situation?" Consider different perspectives.

06

5 minutes: Decide on a constructive response or action, if necessary, to address the source of the emotion.

Learning Outcomes

Doing this activity when dealing with strong emotions can result in:

- Increased emotional awareness
- Better identification and understanding of one's emotional states
- Enhanced ability to manage and respond to emotions constructively
- Development of a personal 'emotional anchor' that can be used in various life situations for emotional stability and strength

"Emotional Anchor" aims to be a practical and easy-to-use tool for anyone seeking to enhance their emotional intelligence and management skills. By regularly practicing these steps, individuals can develop a reliable method for navigating their emotional landscape with greater clarity and control.

