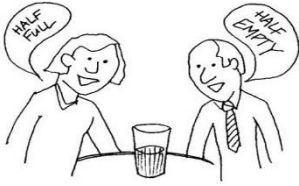


GEAR UP TOOLKIT

Psychological And Occupational Safety

Module 2-Emotional Hygiene



While we all face challenges daily, how we react to the problem affects how we feel physically and emotionally as well as what we decide to do.

Our thoughts, feelings and actions influence our quality of life, our moods and emotions. And hence it becomes essential to monitor the thoughts and in turn take charge of maintaining our emotional hygiene and changing the quality of our lives.

Cognitive Flexibility

Think about this: One of your team members calls in sick. You immediately consider all the options to adjust quickly. You'll think of other people you can call and ask for support. Or find out ways to adjust the workflow in a way to accommodate the changed requirement.

Similarly, you can also learn to shift your thinking process to become more adaptable to the situation at hand. This is called cognitive flexibility.

We use cognitive flexibility without realizing it. This happens when we multitask or when you switch from task to task. This is because we are able to see from a different perspective.

Advantages of Cognitive Flexibility:

- Being able to adapt quickly to changes
- Being able to tolerate errors and changes
- Easier transition from one activity to another
- Acceptance of difference points of view

Emotional Hygiene

Benefits of good hygiene is something that we have been told about since young age. However, when it comes to our emotional and psychological health it is something we often overlook and neglect.

As defined by psychologist Guy Winch, emotional hygiene is:

"...being mindful of our psychological health and adopting brief daily habits to monitor and address psychological wounds when we sustain them".



Caring For Your Emotional Hygiene: The CBT (Cognitive Behavior Therapy) Way

CBT is based on the idea that the way you see yourself, the world and others can affect your thoughts and feelings. Follow these steps to replace your unhelpful thoughts with helpful ones:

Catch			Check	Change
What happened?	What were your feelings?	What was your thought?	Examine your thoughts. Is it accurate, complete, and balanced?	Replace the unhelpful thought with a helpful one

Feel free to email Gocoaches@silveroakhealth.com or dial 080 47484518 (24*7) for any queries and appointments