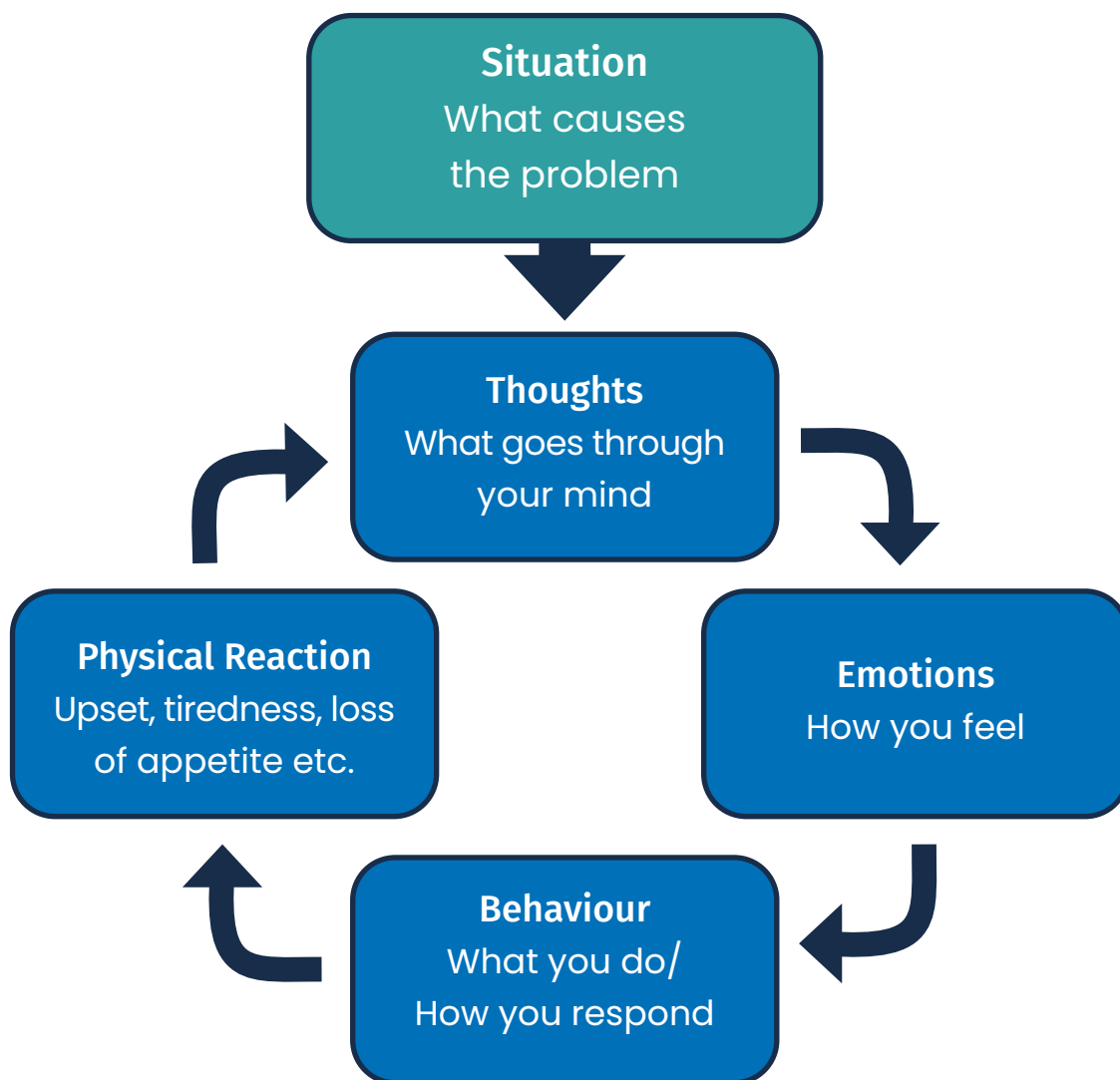


## The Cycle of Response

This diagram shows how a challenging situation can create a cycle of responses. It highlights the thoughts, emotions, behaviours, and physical reactions that may arise in response to that situation.



The cycle of response diagram is useful because it visually illustrates how our thoughts, emotions, behaviors, and bodily reactions interact in a continuous loop. Increased awareness and understanding can allow us to balance and regulate our emotions.

# Emotion Word Cloud

For this activity, the cloud highlights emotions generally linked to challenging emotional experiences. The bold word indicates the broader theme of the emotion. These words vary in intensity.

## **Sadness/Loss**

- Grief
- Disappointed
- Dejected
- Sorrowful
- Hopeless
- Discouraged

## **Anger/Frustration**

- Irritated
- Annoyed
- Defensive
- Furious
- Bitter
- Aggravated

## **Fear/Anxiety**

- Worried
- Tense
- Overwhelmed
- Insecure
- Uneasy
- Apprehensive

## **Embarrassment**

- Ashamed
- Guilty
- Inadequate
- Self-conscious
- Humiliated
- Horrified

## **Stress/Pressure**

- Overloaded
- Fatigued
- Burned out
- Strained
- Drained
- Overworked

## **Confusion**

- Uncertain
- Unsure
- Conflicted
- Puzzled
- Indecisive
- Disoriented

## **Distrust**

- Doubtful
- Suspicious
- Wary
- Cynical
- Detached
- Unprotected

## **Isolation**

- Alienated
- Excluded
- Rejected
- Unseen
- Insignificant
- Distant

# Steps to Regulate Emotion

The tiles below show the steps in the process of regulating emotions.



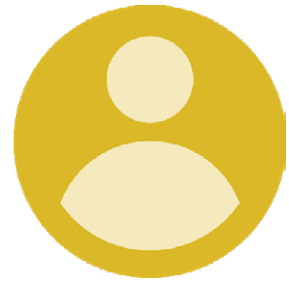
## PAUSE

Take 15 - 20 seconds to stop and reflect



## NOTICE

Choose the word from the cloud that best reflects how you feel



## RECOGNIZE

Identify any physical or bodily responses



## VALIDATE

Be kind to yourself, no matter the emotion



## CONNECT

What unmet need might this reflect?  
How does it show up?



## REGULATE

Select an action to help manage your emotions

Emotion regulation is a skill that takes practice. Be patient and kind to yourself as you learn to apply these steps.

# Workplace Scenario

This example demonstrates how to regulate a challenging emotion step by step

**Situation:** Jamie feels frustrated because they believe their contributions at work are not being recognized or appreciated by the team.

**Notice:** Jamie pauses and acknowledges: *“I’m feeling frustrated right now.”*

**Recognize:** Jamie observes the physical cues that come with this emotion: tight shoulders, clenched jaw, shallow breath

**Validate:** Jamie reminds themselves: *“It makes sense that I feel frustrated, I worked hard on this project and I feel my efforts weren’t validated.”* This normalizes the emotion without judgment.

**Connect:** Jamie reflects on what needs are unmet.

- *Need for recognition:* to have efforts appreciated
- *Need for respect:* to have input taken seriously
- *Need for connection:* to feel included and seen by the team

**Regulate:** Jamie chooses actions that can help to manage the impact of the emotion. When repeated, this can help to create regulation and healthier response.

- *Takes a deep breath to calm the body in the moment*
- *Schedule a brief conversation with their manager to clarify feedback*
- *Keep a personal note of accomplishments for self-validation*

**Intended Outcome:** By following these steps, Jamie was able to respond thoughtfully rather than react impulsively. By noticing the situation, emotions, physical cues, and underlying needs, we can respond in a balanced and constructive way.