

EMOTIONAL COMPOSURE TIP SHEET

- Identify Your Triggers
 - Reflect on the last several times during which you lost your composure. Most people with problems in this area common triggers.
 - Some common triggers might include: stress, money, perceived criticism, authority, loss of control, family issues, impatience
- Get more in touch with your body by identifying the changes that happen before you tend to have an outburst. Can you feel your face flush? Does your heart rate increase? By becoming aware of these changes, you can recognize when you are more susceptible to saying or doing something you might regret.
- Be intentional about holding back
 - Instead of saying the first thing that comes to your mind, take some time to consider the intended impact you would like to have, and how you could convey your thoughts to have that impact.
- Count to 10
 - By doing this slowly, you give yourself time to come up with a more constructive response.
- Practice mindfulness
 - Mindfulness, which is defined by psychologist, Jon Kabat-Zinn as “paying attention in a particular way; on purpose, in the present moment, and non judgmentally” encourages you to notice what is going on in your surroundings, without getting caught up in what is happening.
 - Mindfulness meditation is a helpful way to develop a mindfulness practice.
- Question your story
 - Consider if there are other possible explanations for what you are feeling. Instead of jumping to conclusions about the other person’s intent, reflect on possible alternate explanations. Ask questions, with a genuine desire to understand where the other person is coming from.

- Manage stress
 - We are often at our worst when we are stressed. Devote adequate attention on self-care by eating right, getting exercise, and making time for hobbies you enjoy.