



POSSIBILITY *to reality*

P2R Coaching Tools
Emotional Pulse Checker

Stressed or Thriving...

EMOTIONAL
PULSE CHECK
HERE



Which zone are you in?

POSSIBILITYTOREALITY.COM.AU

© 2015 Caroline Cameron, Possibility *to reality*. All rights reserved.

www.p2r.com.au

caroline.cameron@p2r.com.au



Emotional Pulse Checker

- Identify your emotional response, monitor your mental health
- Consciously decide how you'd rather feel
- Take action to reduce stress, stay calm and thrive

Background

Working in a relentlessly high stress environment is recognised as one of the biggest causes of burnout and depression. While a certain amount of stress is needed to propel us to do what we need to do, it's easy for our stress levels to reach and stay high.

Even when the original cause of stress has long passed, our mind and body becomes accustomed to operating this way. Left unchecked this can lead to heart attack, chronic fatigue and/or mental break down.

Fortunately we can train ourselves to manage stress and learn how to thrive in fast-paced, challenging jobs.

Stress is fed by our emotional response to different situations. Based on our upbringing, values, beliefs and experience everyone's response to stress triggers is different. Some have a high tolerance where for others, a seemingly minor trigger can have an adverse impact, lowering our ability to deal with whatever comes our way.

Emotional responses are what we do and feel and we have way more control over them than we realise. Some emotions such as happiness, excitement and peace are constructive. These release endorphins that help us feel good. Others can be destructive, increasing cortisol, which is necessary for the body to function. Cortisol levels fluctuate throughout the day but when they aren't given the opportunity to return to normal levels, our mind and body stay on energy-sapping high alert.

Identify the Emotion

The first step is to identify the emotional response you are having to a high stress situation. Recognising the triggers and acknowledging the emotion you're experiencing allows you to consciously decide what action to take.

Use the Emotional Barometer on the following page to identify what you're experiencing and the degree to which you're feeling it. A quick emotional pulse check every day will create conscious awareness of your emotional state. From here you can take action, based on how you want to feel and be.

Choose a Better Alternative

If the emotion/s you are experiencing aren't serving supporting, nurturing and challenging you in a positive way, decide how you would rather feel instead.

Release the steam, lessen the intensity

Use the Positive Alternatives list to set a goal based on an emotional response that will work even better for you!



Emotional Barometer

1. What are you experiencing?
2. Which of the emotions below best describes how you're feeling?
3. On a scale of 1 – 10 (1 = low emotional response, 10 = extreme emotional response) where does your response sit?
4. What has led you to feel this way?
5. How would you like to feel instead?
6. What would it take to change this?
7. If you could take one step towards the green **Safe Zone**, how would you do it?
8. Once you're on your way to the **Safe Zone**, check out the Positive Alternatives list. How could you step towards the blue **Thrive Zone**?



Potentially Negative Emotional Responses - **Danger Zone Risk**

ANGER

Mildly irritated

Furious



HURT

Slightly Annoyed

Devastated



DISAPPOINTMENT

Discouraged

Gutted



SELF DOUBT

Questioning

Self Critical





SHAME

Mildly Embarrassed

Mortified



FEAR

Slightly Anxious

Paralysed



Positive Alternatives – move towards the Thrive Zone

HOPE

Curious

Optimistic



COURAGE

Willing (to try)

Brave



CREATIVE

Playful

Limitless



RESILIENT

Flexible

Bullet-proof



VISIONARY

Open

Crystal Clear



SELF ASSURED

Confident

Certain



If you need help to stay calm, build your resilience and feel more confident, [contact me](#) today.