

Weekly Wisdom

Grow the Green for You and Your Team



“All of the emotions have a purpose.” -- Dacher Keltner

Steps to a Healthier Emotional Life

Here's a cool job -- "scientific consultant" for the *Inside Out* movies! Dacher Keltner is a renowned emotion scientist, and he provided the key message of the films: "What we often label as negative emotions -- such as sadness, anger, and fear -- are not just inevitable parts of being human but are essential to our emotional and psychological health."

Sadness, anger & fear connect us with others, foster empathy, and alert us when we most need to pay attention.

Anxiety narrows our attention & improves our focus.

Our goal isn't to eliminate emotions but to understand their purpose and manage them effectively. Here are a few strategies from the linked article.

Self-compassion is an antidote to self-criticism. Write yourself a letter as though you were a compassionate friend.

Awe can grow with everyday "awe outings."

Practice **gratitude** with a Notice, Think, Feel, and Do approach.

Connection & Kindness are two of the most powerful emotional muscles.