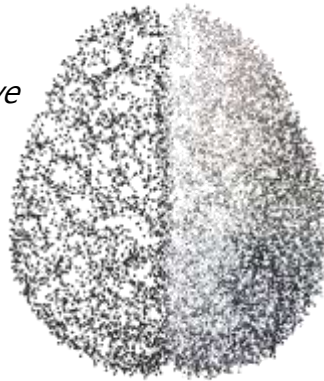


# Welcoming Difficult Feelings

When faced with the unknown, our first reaction is often resistance. We attempt to evict these difficult parts of our lives as if they were unwanted houseguests. In such moments, welcoming seems impossible or even scary....

**When we are open and receptive, we have options.** We are free to discover, to investigate, and to learn how to respond skillfully to anything we encounter. Gradually, with practice, we discover that our wellbeing is not solely dependent on what's happening in our external reality; it can also come from within.

*"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."- Daniel Goleman*



## Want to know more?

Neuroanatomist Jill Bolte Taylor shares in her research that most emotions don't last longer than 90 seconds. Mindfulness trains us to be resilient. The more we can learn to stay with all the highs and lows of our thoughts, emotions, and physical sensations, the more strength we can bring to each moment and experience.

## Take a conscious breath, or two or three.

Let the feeling be there.  
Move forward.  
Repeat.  
Often, if necessary.

## Want to give it a shot?

**9 Minute** - guided break

Welcoming Difficult Feelings

**8 Minute** - guided break (Allowing the Storm to Pass Emotional Resilience)



## Resources

Work Environment & Performance Office Resilience & Personal Effectiveness SharePoint Site (Forest Service access only) <https://usdagcc.sharepoint.com/sites/fs-cr-mhw>