

Workplace Wellbeing

Managing Emotions

Driving both positive and negative behaviour, emotions help us to understand others, and help others to understand us. This module explores the different types of emotion, emotional triggers and techniques for effectively managing your emotions in the workplace.

In this Module

Videoscribe explainer video, with professional audio (duration: 03:16)

English Subtitles

9 Expanded learning content blocks in the module format

'Check my understanding'
5 Question knowledge check

Top Tips

1. You can't control how you feel, but you can control how you react.
2. Reframe your thinking, by choosing to focus on the positives.
3. Don't bottle up your emotions, learn to release them and let go.

