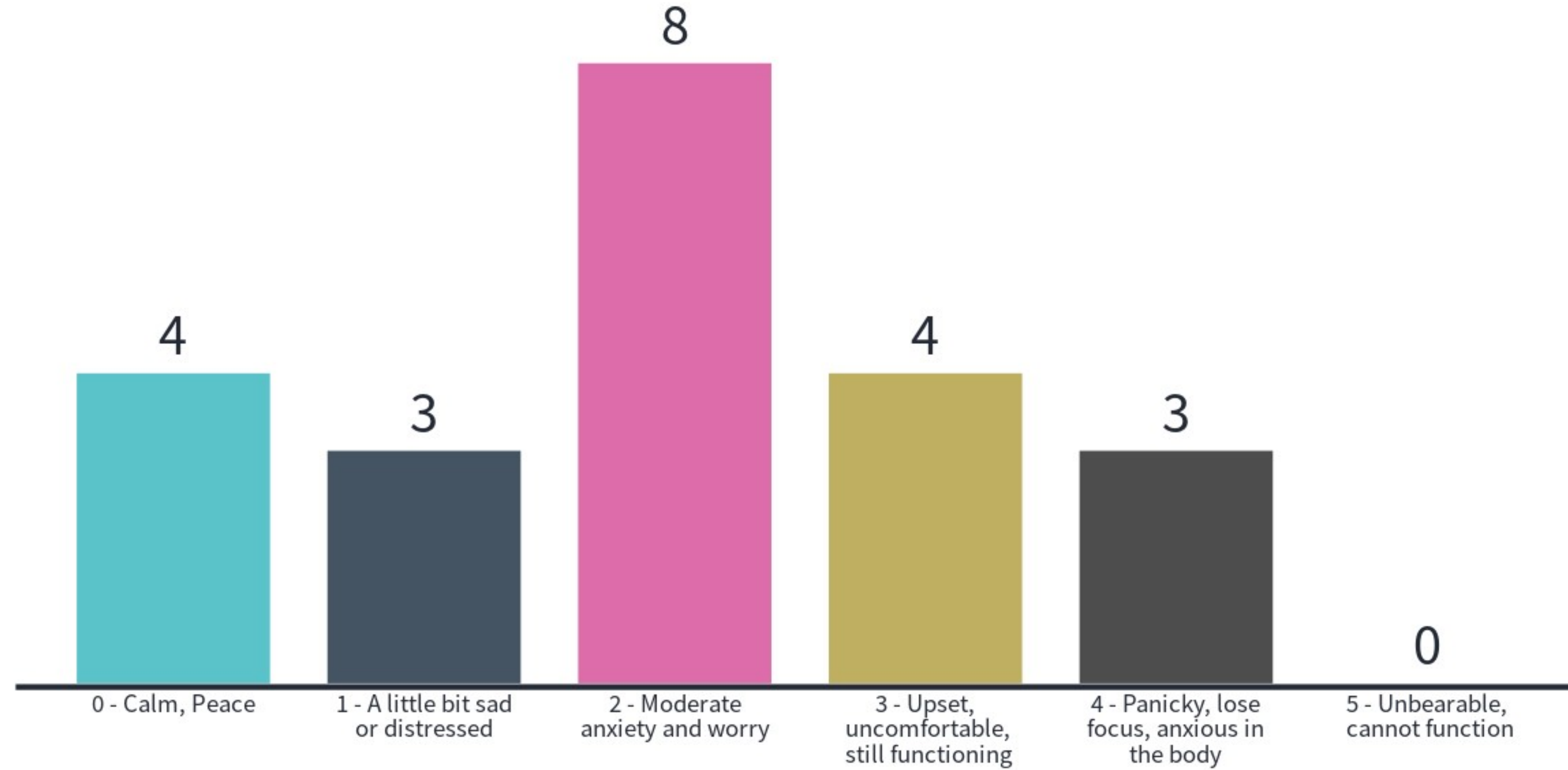


# Rate the Weight



# Topics



Brain Science Basics



Behavior as Communication



Changing Brains for the Better



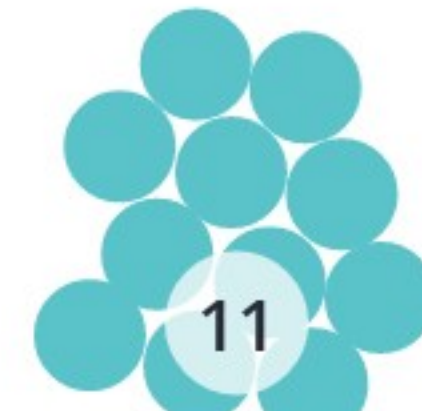
Validation



Toxic Stress, Chaos and Adversity



Trauma: Historical, Generational, Secondary, etc.



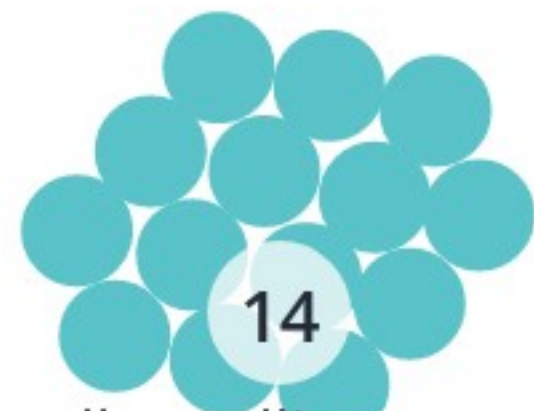
Mindfulness



Self-Care



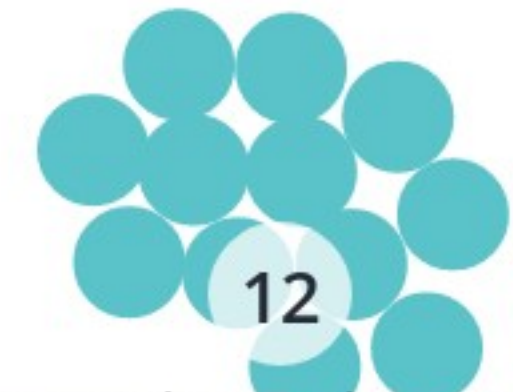
Burnout



Emotionally Intelligent Leadership



From Acceptance to Change



From Compassion Fatigue to Resilience



# What are your beliefs, reactions and/or judgments about emotions and emotional expression?

I've been taught to keep it all buttoned up, emotions at work are unprofessional

Emotions are bad.

Emotions are dangerous.

Showing emotions can be a sign of weakness

Being older was taught to suck it up and ignore feeling and push through

Emotions are rooted in a lot of subconscious memories and experiences. Sometimes it takes a minute or help to really determine the source.

Leave it at the door. BAD advice!

Women are too emotional

To hold in our feelings.



# What are your beliefs, reactions and/or judgments about emotions and emotional expression?

Emotions don't serve us in the workplace

I naturally have less emotional affect than a lot of people. Sometimes people think I'm flat when I'm not, and sometimes people try to force me into more expression.

Ignore how you feel unless it's not going to be inconvenient

It's healthy to express emotions (and scary or not always safe)

It is up to each person to control and find ways that help them handle the way the process.

Emotions can be an inconvenience

Emotions are inconvenient

As a woman, you are judged as being overly emotional when you have strong opinions, but I find that to be more frustrating than anything. Professionally, emotions are discouraged I think. I think emotions show a deeper issue that needs addressed.

That there is a place and time for emotional expression (especially sadness, anger, frustration, etc.) which is not in the workplace or in a public setting. Those emotions are for private/alone time. Shows weakness.

# What are your beliefs, reactions and/or judgments about emotions and emotional expression?

Idea your feelings

As a leader, I need to be the strongest and least emotional of my crew.

Emotions can be controlled when one is Centered.

Helpful and necessary. Requires us to slow down a little bit or make time in a hectic day.

It's important, but not often addressed at work.

Mental health is important but how do we help/provide support at work!?



# What are your judgments or reactions to caring for brain health at work?

It is a little weird to me since it is a commercial space and not a personal space, but I appreciate the opportunity.

I'm thrilled this is finally part of the conversation!

Mental health is important but nothing really done for it.

I think most of our management wants to take care of employee's mental health, but we lack the skills to do it.

That I do not have time to allow it.

Management talks about the importance of mental and emotional health, but doesn't implement strategies or support for employees.

It's welcomed but there isn't always time to care for brain health.

I think it's important.

It is so important right now to focus on the health of those we work with. Everyone is dealing with so much it seems we just need to step back and breathe and be kind.



# What are your judgments or reactions to caring for brain health at work?

Brain health is a 'supposed to be' priority but really isn't and you are the problem if you bring it up.

Hard to find the time when short staffed and overworked.

It's so important. We need to organizations time and space to figure out how to integrate this into their culture and routines.

pre-covid I probably wouldn't have been in favor of it, but after watching how staff and myself have reacted to the pandemic and its aftermath, I feel it is extremely important to take care of ourselves and each other.

It is a necessity for functional work place as well as when you go home for your brajn wellness

Your work is an extension of yourself, so most assuredly you must address.

We need more of it! We have come along way, but more is needed.

I spend a third of my day at work, I need to be able to care for my brain during that time

I believe that it is important for your productivity, management talks about it but does not implement.



# What are your judgments or reactions to caring for brain health at work?

Provide ideas on how to integrate these practices into the workplace and culture...maybe a menu?



# What would be helpful for you as a leader in caring for emotions at work?

Changing culture to allow staff to feel comfortable to share their emotional needs as well.

Time during the workday for employees to address their emotional needs.

Brain health activities

Being encouraged to take small breaks

Provide a menu of ideas on how to integrate pieces of the passport and practices into a variety of workplaces and cultures.

More regular 1:1 meetings

I need to be aware of the members feelings and how I can help them know how meaningful they are to our vision/mission.

Ideas for engaging leadership to build support for employee brain health

There is a lot of fear associated with sharing emotions. We need to work to alleviate people's genuine concerns.



# What would be helpful for you as a leader in caring for emotions at work?

Help determine a way to incorporate wellness into a busy work schedule. Suggestions for things to do to promote this.

How to get buy in from Boards

Finding a healthy way to talk about frustrating experiences without bad-mouthing others.

Being supported for all emotions, not just the ones management expects/ finds appropriate

Encouraging leaders to allow themselves the time to engage with staff, this way it can be a more welcoming environment.

To realize as a team we all are dealing with stress and possibly at home as well and share with others.

Providing agencies with trainings to present to their teams.

Helping staff to know that their thoughts, opinions, and emotions are important. Along with encouraging a mindful minute daily or weekly.

Help with what to do with unwanted emotions





# What would be helpful for you as a leader in caring for emotions at work?

Help encourage self care to help performance of over heat and better performance in the workplace

Learning different ways to help co-workers take a brain break, relax, and know that we do care and support them.

How to affirm emotional wellness, or lack thereof, while still being a strong leader

Tools, resources to incorporate mental health into work culture

Allowing staff to take mental health time throughout the day