

Tools to Help You Manage Challenging Emotions

We all have difficulty with managing our emotions sometimes. And, some emotions can be more challenging to cope with than others. Here are some resources to support you and take with you into the New Year:

- Anytime you're struggling with your emotions, try one of the following exercises – both will help you cultivate [self-compassion](#), which research has linked to decreased stress, increased resilience and increased productivity (see [infographic](#)):
 - [Self-compassion break](#) – a quick three step process (or [guided meditation \(5 minutes\)](#)) to give yourself the compassion you need and deserve, from [Kristin Neff](#), self-compassion researcher and teacher.
 - [RAIN](#) – an acronym for “Recognize, Allow, Investigate, Nurture,” this [four step process](#) (or [guided meditation \(11 minutes\)](#)) help you better understand your feelings and regain a sense of clarity, support and calm so you can be more fully present in your life, both at home and at home: from [Tara Brach](#), mindfulness meditation author and teacher
- Resources to help when you're feeling anger/frustration, despair or other challenging emotions – many of us have difficulty managing these and other “negative” emotions *and* many of us have frequently struggled with these during the last ten months:
 - [Anger/frustration](#) – anger, irritability and frustration are common responses to stress and understandable responses to the pandemic and to other serious concerns that became prominent during 2020, such as longstanding [inequity in our society](#) and [racial and historical trauma](#). In the face of these and other overwhelming circumstances that are mostly out of our control, we can feel powerless. One option is to [see how to restore your sense of control](#). Another strategy: in the moment, try one of these [18 ways to cope with frustration](#) (such as journaling, managing your expectations of others, breathing practices and more). Finally, you can look more deeply at yourself to try to [understand your level of “frustration tolerance”](#)
 - [Despair](#) – another common response in the face of the personal, family, community and/or societal struggles many of us have experienced during the past year. When you feel overwhelmed by despair, try the quick exercise in this [5 minute video](#), led by [Peter Levine](#), trauma expert and teacher
 - Support with [other emotions](#), such as [grief](#), [loneliness](#), [worry](#) and [fear](#)

Finally, if you're struggling, know that you don't have to struggle alone -- please reach out to your EAP for support, at 1-877-313-4455 or [online](#).

CELEBRATING 20 YEARS



Thinking About Quitting Smoking in 2021?

Get Free Help from the Washington State Quitline

Quitting tobacco is a great way to improve your health. If you've been thinking about quitting, you're not alone – about 70% of U.S. adults who smoke want to quit. You have probably heard about the [harms of tobacco use](#) and the [benefits of quitting smoking](#), but did you know that your body starts to heal just minutes after your last cigarette?

It can be [hard to quit](#) because nicotine, a chemical in tobacco and many e-cigarettes/vapes, is very addictive – similar to cocaine and heroin. It can take several tries to quit for good, but the more times you try to quit, the more likely you are to succeed on your next try.

Since 2000, [the Washington State Quitline](#) has helped tens of thousands of Washingtonians quit smoking. You can get free, confidential, one-on-one counseling from a Quit Coach, and may be eligible for free [medication](#) to help you quit smoking, vaping, or other tobacco. Find out more by:

- Calling **1-800-QUIT-NOW** (1-800-784-8669);
- Visiting [quitline.com](#); or
- Texting READY to 200-400.

Not ready just yet? [Click here to learn more about the Quitline and other counseling options.](#)

Upcoming Live Webinars

Orientation to the Employee Assistance Program (EAP)

Presented by: Kari Uhlman, MA, LMHC- EAP Counselor

- Wednesday, January 20, 2021 9:00am – 9:30am [Register](#)
- Thursday, February 11, 2021 2:00pm – 2:30pm [Register](#)
- Tuesday, March 16, 2021 10:00 am—10:30 pm [Register](#)



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