DB SCHENKER

Emotional Health – tips to build, strengthen & maintain

Emotional Health = being able to name & deal with our own emotions and also acknowledge them in those around us

Tips & Tricks

1. **Feeling** to have failed or indeed failing with certain tasks is normal – instead of mourning about this long time, discuss jointly: how did this happen and what can you as a team all together do different next time? A "went well" – "went wrong" table can be a very simple, though great help to find out & stick to facts rather than feelings.
2. **You feel like** not having contributed much to anything? Put a set of 10 coins, buttons, or similar items in your left pocket. Any time over the day you get a "thank you" or have finished a task: put one of them from the left to your right pocket. Review at the end of the day how many have gone onto the right side = visual proof of how much you got done/helped others.

Quick exercises

Mental Stop Sign

3 – 5 minutes (average)

Taking a different approach/view can be a helpful technique to adjust negative thinking and with that improve resilience & mental well-being. Recognize when you have a negative or unhelpful thought when you are interpreting an event and go through the below 4 steps to stop/change this!

1. Say "Stop!" when you experience a recurring negative thought - either aloud or to yourself. Or imagine the picture of a big stop sign.

2. Exchange the negative thought for a positive one. Replace "I cannot..." or "I will not..." with "I can..." or "I will..."

3. Take a deep breath, or even use a breathing relaxation technique to help you relax instead of feeling anxiety. Then say the peaceful thought out loud or in your mind repeatedly until the bad thought disappears.

4. Complete these steps every time you notice the recurring thought.

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Gratitude Journal

5 – 10 minutes per day

Like moving the tip on the coins/buttons, this helps you to have clarity & make present to yourself how many good things happen each day = supporting an overall more positive state of emotions

1. Take a journal, diary, notebook, piece of paper and/or word-file or even a related App.
2. Either at the end of a day (can support a good sleep) or beginning of the following day: write down 3 to 5 people, things, events of the past day you are grateful for.
3. It does not need to be "sophisticated" – things like a good chat with a colleague, finding out how to technically manage something in an App or "just" a squirrel passing your way: all that is the little things that count here – and we unfortunately take too natural or lose focus on in our daily routine.

As a start point, think about:

1. 3 silly things your kids/your pet(s) did
2. 3 things that made you smile yesterday
3. 3 ways to thank someone without saying "thank you"