

WELLNESS AT HOME, WORK, & BEYOND



EMOTIONAL AGILITY: HANDLING CHANGE WITH GRACE

Life is constantly changing. Unexpected challenges, shifting priorities, setbacks, and uncertainty are all part of the human experience. While we can't control everything that happens around us, we can develop the skills to navigate change with greater flexibility and resilience.

Emotional agility is the ability to recognize and accept your emotions without becoming overwhelmed by them. Rather than ignoring difficult feelings or getting stuck in them, emotional agility allows you to respond thoughtfully and move forward in ways that align with your values and goals.

Being emotionally agile doesn't mean staying positive all the time. It means giving yourself permission to feel what you feel while remaining open to growth, learning, and adaptation.

BUILDING FLEXIBILITY IN UNCERTAIN TIMES

Notice Your Emotions

Emotions provide valuable information. Stress, frustration, disappointment, and anxiety often signal that something important needs attention. Instead of pushing feelings aside, take a moment to acknowledge them with curiosity rather than judgment.

Accept What You Cannot Control

Many stressful situations become more difficult when we focus our energy on things outside of our influence. Identify what is within your control and direct your efforts there. This shift can reduce overwhelm and increase your sense of confidence and capability.

Practice Self-Compassion

Everyone experiences setbacks. Treat yourself with the same patience and understanding you would offer a friend. Self-compassion helps reduce self-criticism and creates space for learning and recovery.



Focus on Progress, Not Perfection

Change rarely happens in a straight line. Small steps forward still count, even when challenges arise. Flexibility allows you to adjust your approach while continuing to move toward your goals.

Strengthen Your Support System

Change feels more manageable when you're not navigating it alone. Reach out to people who help you feel grounded — friends, colleagues, mentors, or community members. Sharing your experience can offer new perspectives, reduce emotional strain, and remind you that support is available.



FINDING STRENGTH THROUGH SETBACKS

Resilience is not about avoiding difficulties. It is about recovering when difficulties occur. Each challenge offers an opportunity to strengthen problem-solving skills, increase self-awareness, and build confidence in your ability to adapt.

When faced with a setback, ask yourself:

- What am I feeling right now?
- What is this situation teaching me?
- What is one step I can take today?
- How have I successfully navigated challenges in the past?

These questions can help shift your focus from feeling stuck to identifying meaningful next steps.

Highlight of the Month

EMOTIONAL AGILITY MINI CHALLENGE

This month, practice building flexibility and resilience with these four simple steps:

1. **Pause** and name your emotions. When you experience stress or frustration, take a moment to identify what you're feeling. Naming emotions can help reduce their intensity and increase self-awareness.
2. **Reframe** one challenge. Choose a current challenge and look for one opportunity, lesson, or area of growth it may provide.
3. **Focus** on what you can control. Make a list of actions that are within your influence and commit to one small step each day.
4. **Celebrate** your resilience. At the end of each week, reflect on how you adapted, learned, or moved forward despite obstacles.

HEALTH COACHING



Schedule your coaching appointment today by emailing **Coach Bre** at BreanneM@solavieve.com