Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

Emotional triggers

Everyone has emotional triggers—something reminds you of a past experience, and an emotion arises before you're even aware of the thought behind it.

Knowing what your emotional triggers are, reflecting on your usual reaction to them and understanding the underlying thought or memory attached to the trigger can help you get a handle on your automatic reaction and choose a more objective response.

When you take the time do this work, and practice over time, you may find that you experience less triggers, and that your relationships benefit.



Recognize you're triggered

Strong emotional reactions are often triggered by thoughts and memories



Consider why

What thoughts, or memories are related to this trigger?



Reflect

Recognize the impact an automatic reaction might have



Choose how you respond

Intentionally choose a reaction that will work better for you

Learn more about emotional triggers:

Emotional triggers
clwsmh.com/triggers

The function of emotions
clwsmh.com/function-of-emotions

All Workplace Strategies resources are available to anyone at no cost, compliments of Canada Life. To learn more, visit clwsmh.com.

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