Workplace Strategies for Mental Health

Compliments of Canada Life

E-learning module

The function of emotions

Emotions – even those that feel unpleasant or seem negative – can serve important functions. If you deny or push away the emotion, you won't be able to tap into the information it has for you. You may also likely have a harder time moving forward.



Be aware

Understand the function emotions serve



Reflect

Embrace the wisdom of your emotions



Take action

Choose how you react

Learn more about the function of emotions

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

What drives behaviour?
clwsmh.com/drives-behaviour

Emotional triggers
clwsmh.com/triggers

Emotional intelligence for employees
clwsmh.com/emotional-intelligence

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