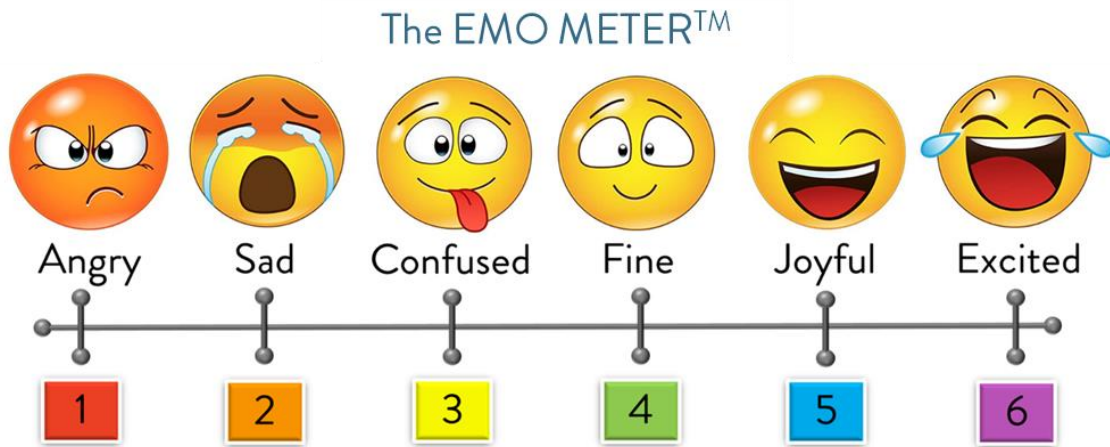


Mental Fortitude

*How be to cool and collected...
when you want to roll your eyes in a Zoom meeting*



When to use the Emo Meter™

- Before you join the Zoom meeting to be sure you are in the right frame of mind to be your best and listen. Do not risk rolling your eyes—your coworkers (and boss!) can see you!
- Before you reply to an email that prompted a reaction, discern how you feel about it.
- At the start of meetings with your team to learn how they are (then adapt the agenda and tone accordingly).
- At the end of meetings to see if the outcome is as intended or if someone feels different than expected.
- In virtual meetings, participants can put a number, color, or description next to their name to indicate their emotion throughout the meeting discussion so adjustments can be made immediately.

3 Ways to Boost Your Emo Meter™ Number

Well, sure, we all wish there were a magical way to go from 1 to 6 in 6 seconds flat. But there's not. You CAN go from 1 to 3 or from 3 to 5 pretty quickly using though. Give these techniques a try...

- Write a list of why, or how, the issue or topic being discussed in the meeting or email is useful. How does it help the company or your team? Seeing the value can help you go from angry to fine...maybe from fine to excited.
- Write the Worst/Best things that could happen next to help keep perspective, then take a step toward progress. Just one.
- Recognize if your number is not related to the task at hand. If it is not, then write it down on a small note paper to return to later. Mentally, you do not have to think about that issue any more because it is noted. Shift your thinking to the more pressing issue.