



Combining cutting-edge brain science with decades of counseling and consulting experience, *Rare Leadership in the Workplace* shows you how to excel as a leader. Whether you are burnt out or just looking to improve, it will revive your leadership and equip you to lead healthy, happy, and effective teams.

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When you are angry, you might try (privately!) making a big angry face and clenching your fists, while blowing air out of your nose to make your nostrils flare. In this way you are exaggerating some of the physical elements of the anger you feel. After this, practice deep breathing and rubbing the tension out of your arms. You can do this three or four times if necessary. It can help you quiet yourself. You can do similar exercises with other emotions.

S—Soothing. Soothing can relate to your environment or your body. Building a fire in the fireplace, taking a hot shower or bath, sitting with heavy wool blankets, and rubbing your arms are just a few ways that people often take a few minutes or more to calm and quiet.

T—Tensing. Tensing and releasing muscle groups is another good quieting skill. You can do this on airplanes, in meetings, or at your desk. You simply focus on one set of muscles (arms, legs, shoulders) and tighten them for a count of five, then let the muscles relax. Exhaling deeply also helps.

Using these BEST practices when you feel tension rising can help you build the skills to quiet more quickly from upset emotions which is an important element of returning to joy.

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