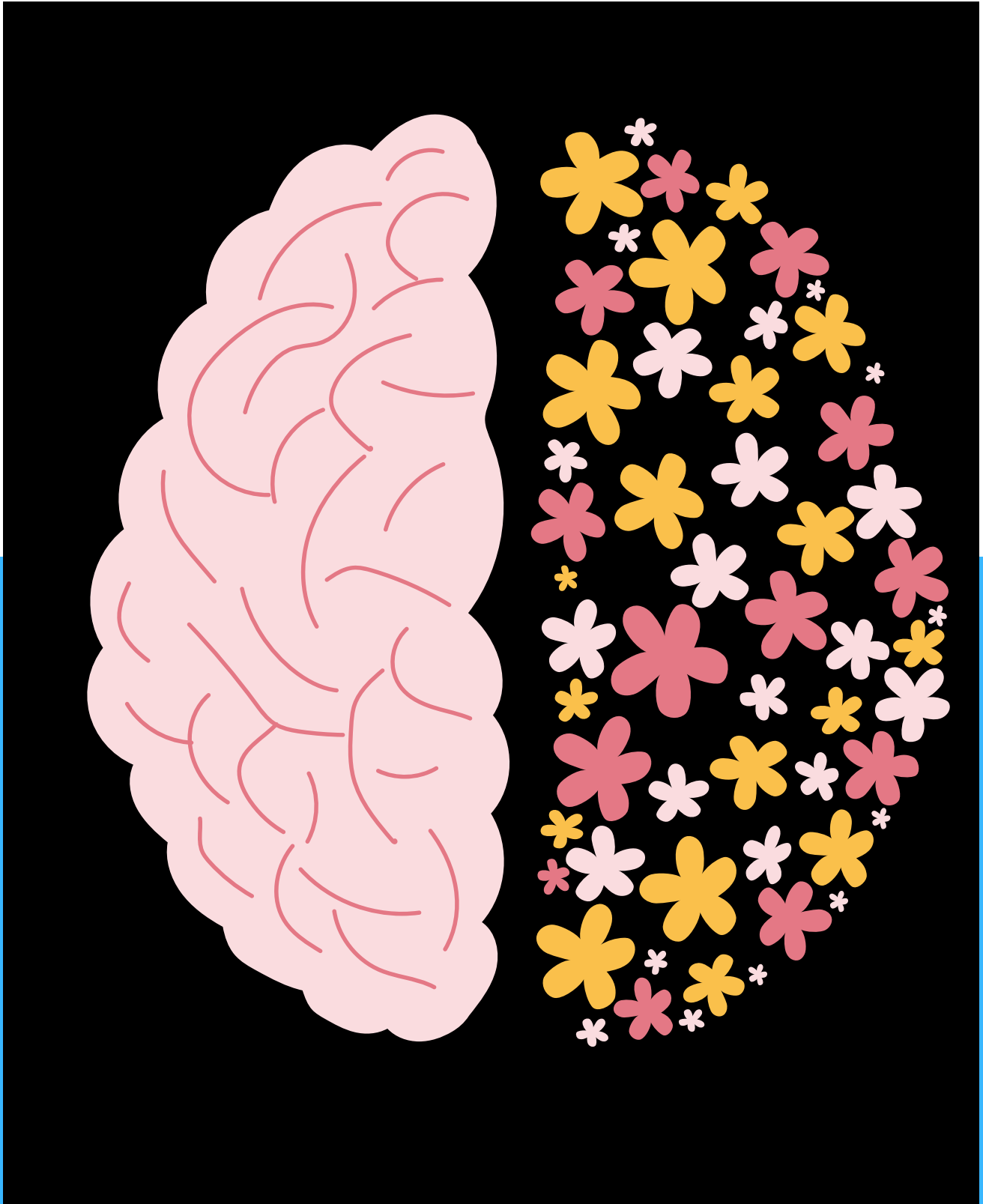


# A HEALTHY YOU



# TABLE OF CONTENTS

## 01

### Uncertainty

Dealing with uncertainty involves managing stress and maintaining mental well-being, which are crucial for overall health. According to the American Psychological Association, mindfulness techniques such as deep breathing, meditation, and progressive muscle relaxation can reduce anxiety and improve emotional regulation.

## 02

### Empathy

Empathy, the ability to understand and share the feelings of others, is essential for healthy social interactions and emotional well-being. Practicing empathy can reduce stress, improve relationships, and enhance overall mental health by fostering a sense of connection and belonging. Techniques such as active listening, perspective-taking, and expressing genuine concern can strengthen empathy, leading to better communication and stronger social bonds.

## 03

### Emotion Waves

Emotional waves, the natural fluctuations in mood and feelings, are a normal part of human experience.

## 05

### Growth

Growth zone involves embracing challenges, learning new skills, and taking calculated risks, which fosters resilience, adaptability, and confidence.







## Dealing with Uncertainty

Embrace uncertainty as an opportunity for growth, focusing on what you can control and adapting to change with resilience and an open mind.

"Believe in the magic of the season."

– @reallygreatsite

# how to deal with uncertainty

I.

Make self-care a priority



II.

Focus on what you can control



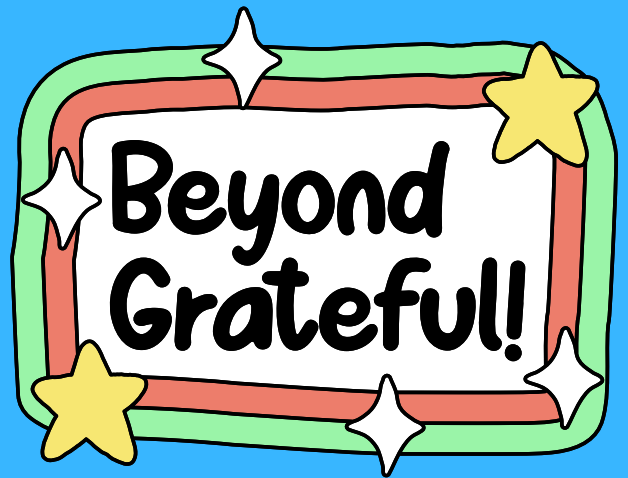
III.

Journal your fears and thoughts



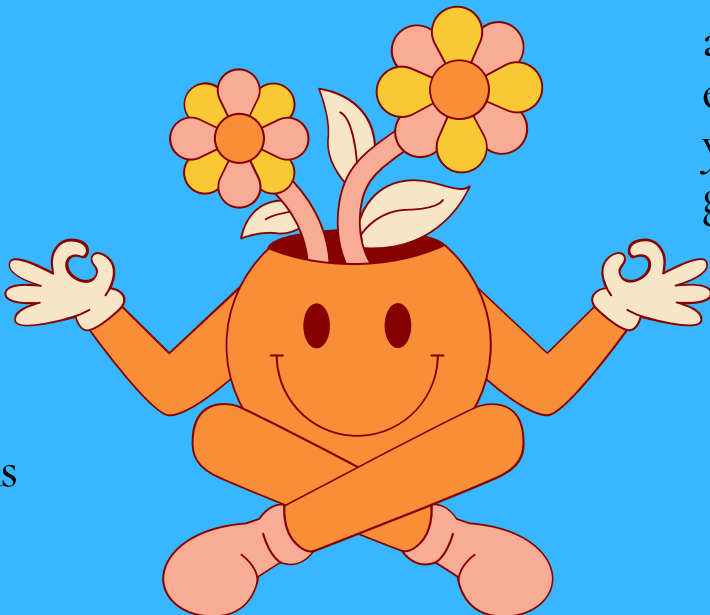
IV.

Practice gratitude



V.

Move through your emotions



VI.

Visualize and embrace your growth







**Active Listening**

**Feel their feeling**

**Understanding**

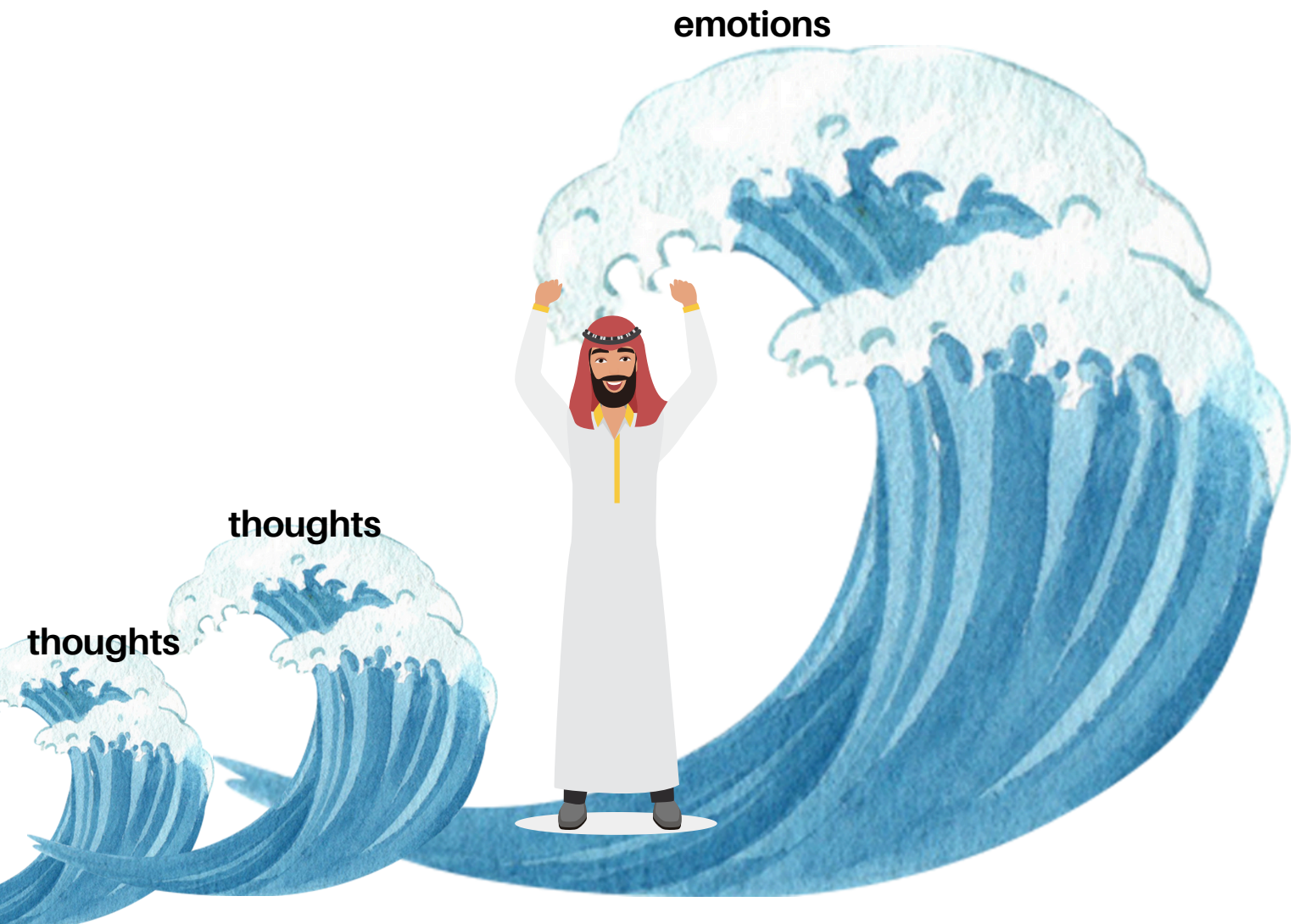
**empathy frame for  
understanding  
others**

Emotion is the chief source of all becoming-conscious." — Carl Jung

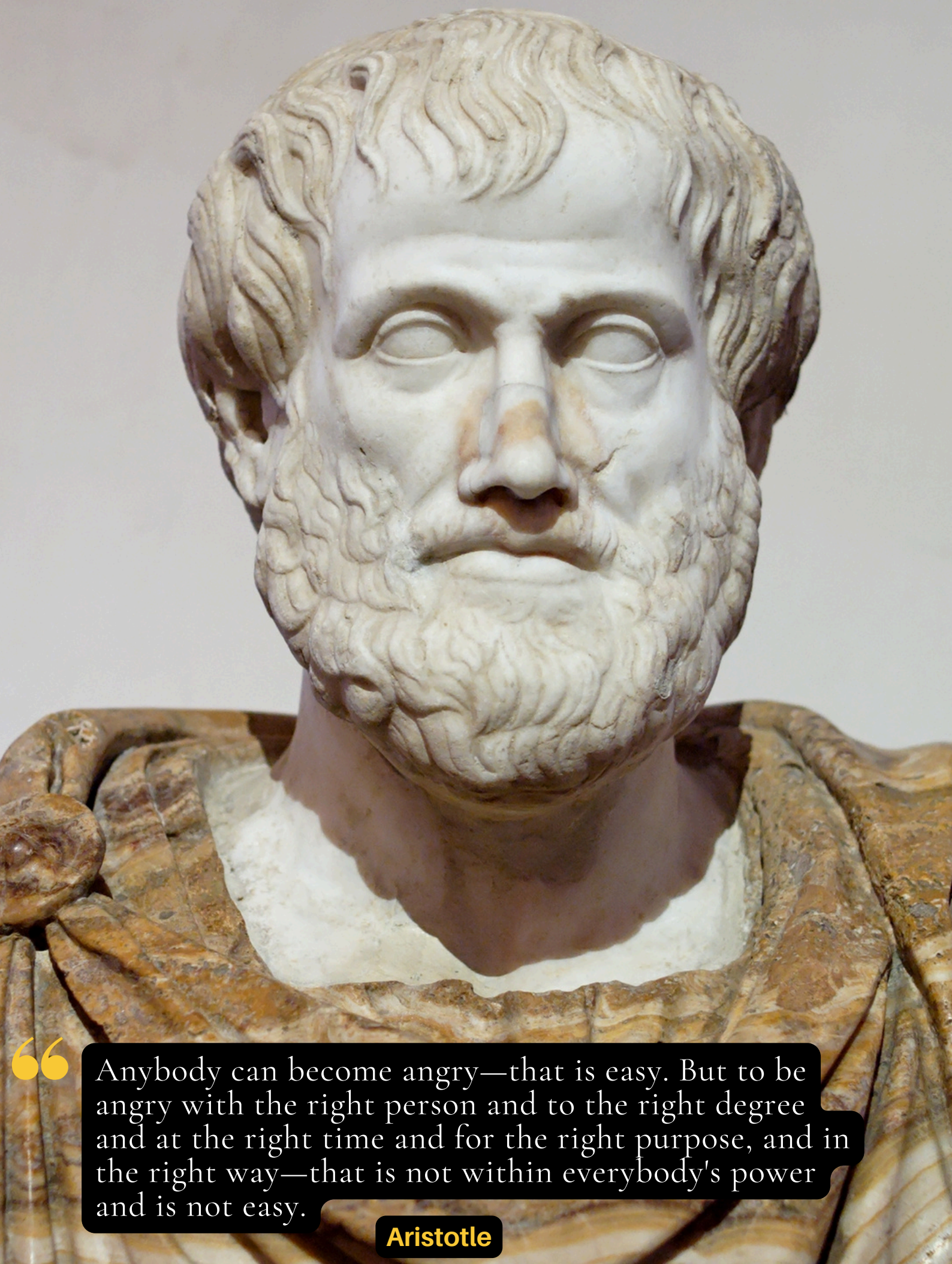
## The 90-second rule : Emotion waves

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Did you know an emotion only lasts 90 seconds in your body? It's the thoughts you attach to it that keep it going. When you embrace the wave, you allow it to pass







“ Anybody can become angry—that is easy. But to be angry with the right person and to the right degree and at the right time and for the right purpose, and in the right way—that is not within everybody's power and is not easy.

**Aristotle**

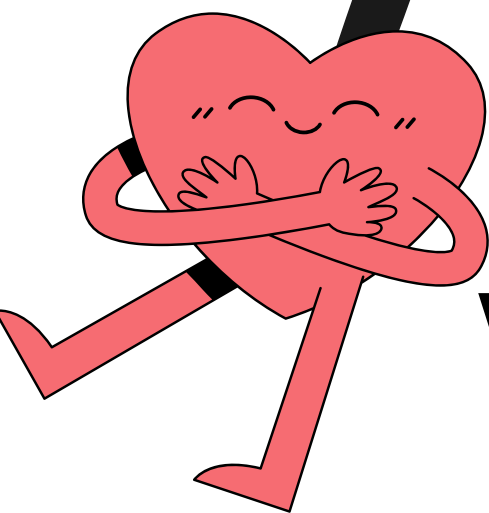


# control the controllable



Things  
I can  
control

Things  
I can't  
control



where I focus

# let it rain!!!

---

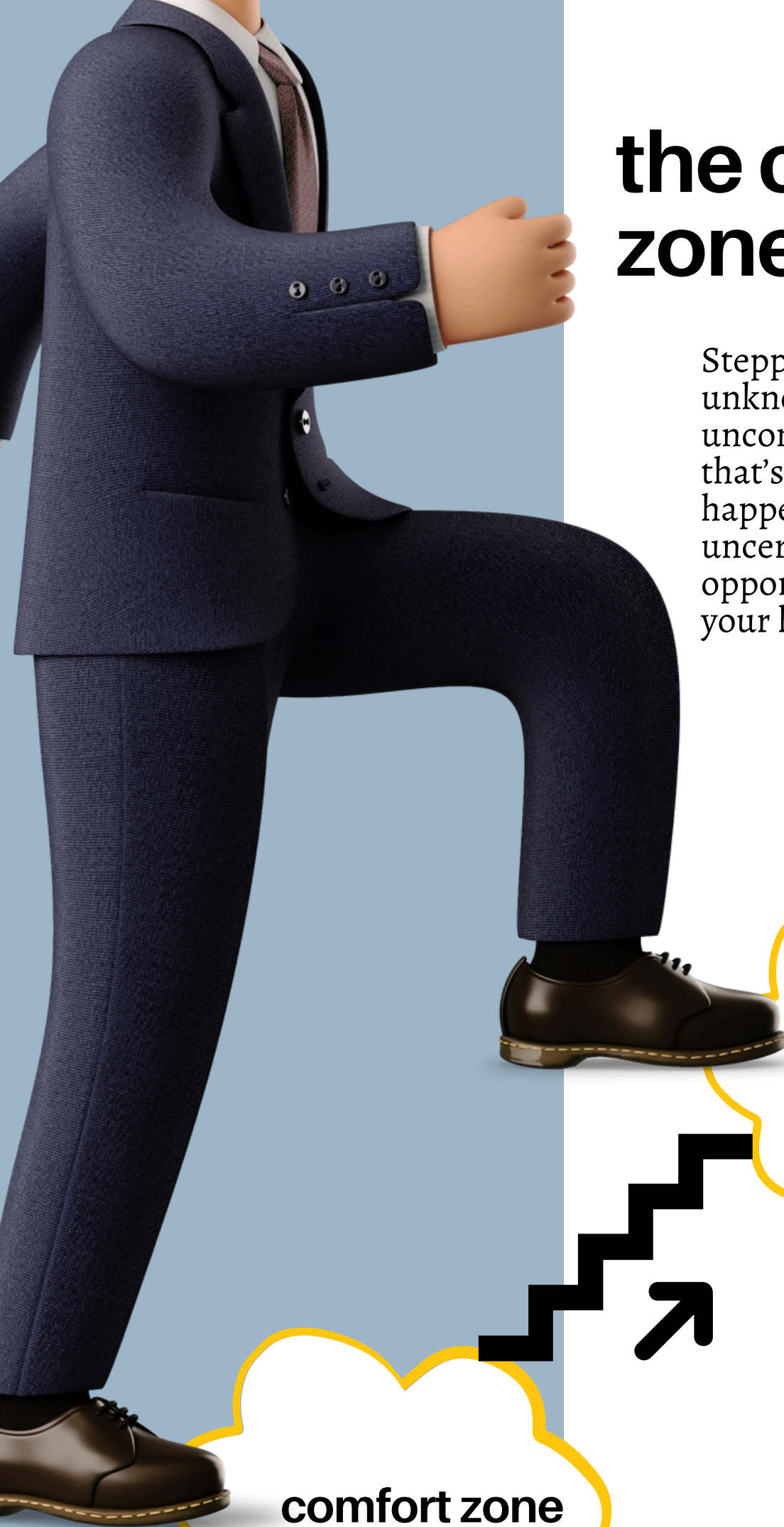
When emotions overwhelm  
you, just let it rain



- Recognize the event and the emotion
- Accept the experience just as it is
- Investigate with gentle attention
- Non-identification by letting experience pass

# the comfort zone myth

Stepping into the unknown can feel uncomfortable, but that's where growth happens. Embracing uncertainty is an opportunity to expand your horizons



**growth zone**

**comfort zone**





**the only difference  
between fear and  
excitement is your  
attitude about it**

# FREE ONE-ON-ONE MENTAL HEALTH SUPPORT AVAILABLE



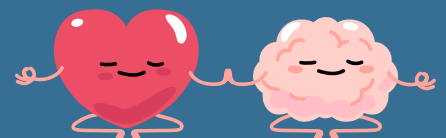
## Confidential

Take advantage of the available mental health resources that include one-on-one access to mental health experts with the highest guarantee of confidentiality

## Costs

As an employee of BAT any costs access to mental health experts is absolutely free of charge

**Mental  
health  
matters**



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