Emotions at Work

Advanced

Learning Goals

In this class, you will learn language to do the following:

• Describe how people express emotions in your culture.
• Suggest strategies for expressing emotions at work.
• Talk about managing stress.
Emotions at Work

Advanced

• Are you an emotional person?
• Is it common for people in your culture to express their emotions openly?

Vocabulary

feelings
sensitive
passionate
expressive

unemotional
stoic
reserved
Emotions on the Job

Advanced

- Have you ever gotten very emotional at work? Describe the situation.
- Should people express strong emotions at work?
- When can our emotions help us on the job? When are they a hindrance?
- Which of the emotions below have you felt at work?

**Vocabulary**

<table>
<thead>
<tr>
<th>elation</th>
<th>fear</th>
<th>depression</th>
<th>boredom</th>
<th>disgust</th>
</tr>
</thead>
<tbody>
<tr>
<td>satisfaction</td>
<td>anger</td>
<td>embarrassment</td>
<td>surprise</td>
<td>shyness</td>
</tr>
<tr>
<td>confidence</td>
<td>anxiety</td>
<td>jealousy</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Expressing Emotions at Work

• What are some productive ways to express your emotions at work?
• What are some good strategies for dealing with negative emotions at work?

**Vocabulary**

| write in a journal | discuss the situation with your supervisor |
| go for a walk      | fly off the handle                        |
| talk with a co-worker | blow up                              |
| talk with a friend | get out of control                      |
Stress
Advanced

• Do negative feelings cause you stress?
• What are some of the long-term effects of stress at work?
• What can you do to keep your stress under control? What have you done to reduce your stress?

Vocabulary

<table>
<thead>
<tr>
<th>insomnia</th>
<th>exercise</th>
</tr>
</thead>
<tbody>
<tr>
<td>high blood pressure</td>
<td>meditation</td>
</tr>
<tr>
<td>depression</td>
<td>positive thinking</td>
</tr>
<tr>
<td>anxiety</td>
<td>employee seminars</td>
</tr>
</tbody>
</table>
Links for Further Study

Advanced

Vocabulary Center: Feelings
http://edge.globalenglish.com/templates/bin/template.asp?lang=en&ClassId=204&ObjectId=226906
GlobalEnglish One >> Study >> Vocabulary Center >> Topic Word Lists >> Feelings (Advanced - 23 words)

Culture Notes: Find Out About Different Ways of Communicating All Over the World (Saving Face)
https://edge.globalenglish.com/culturenotes/topic/2/1#/3
GlobalEnglish One >> Work >> Culture Notes >> View by Topic >> Select a Category and Topic >> Communication >> Saving Face