# 12@12 – Permission to be Human

## Slide 1

## It’s easy to think that wellbeing and happiness means being happy all the time.

## That experiencing painful emotions indicates something is wrong with us

## But we need to give ourselves permission to be human.

## Tal Ben ShaharTal Ben Shahar

## Slide 2

## When we’re comfortable with the who range of our emotions – the negative as well as the positive ones –

## Better learners

## More successful

## Deepest sense of wellbeing

## Robert Biswas-Diener

## Slide 3 Emotional Agility

## Difficult emotions are part of who we are - and our most difficult ones are signposts to the things that we value the most

## Slide 4 -

## Between stimulus and response there is a space.

## In that space is our power to choose our response.

## In our response lies our growth and our freedom.

## Viktor Frankl

## Slide 5

View: See as data and not directives. What information are they giving you?

Step away: Create distance between you and your emotions by labelling them as accurately as possible. And say : “I am noticing that I am feeling “. Instead of “I am …”

Choose: Choose your response based on your values. What matters most to you in this situation? What might be a helpful way to respond?

## Slide 6

## It can be helpful to know that

## Studies suggest most of us are wired for resilience

## We can not only withstand but get through better in some way

## Slide 7 –

The Art of Precious Scars  
Kintsugi

## Want to find out more?

George Bonanno [Remarkable Resiliency](https://www.psychologicalscience.org/observer/bonanno)

Robert Biswas-Diener [The upside of your dark side](https://www.youtube.com/watch?v=yaG_vSWgyqs)

Susan David [Emotional Agility](https://www.susandavid.com/)