

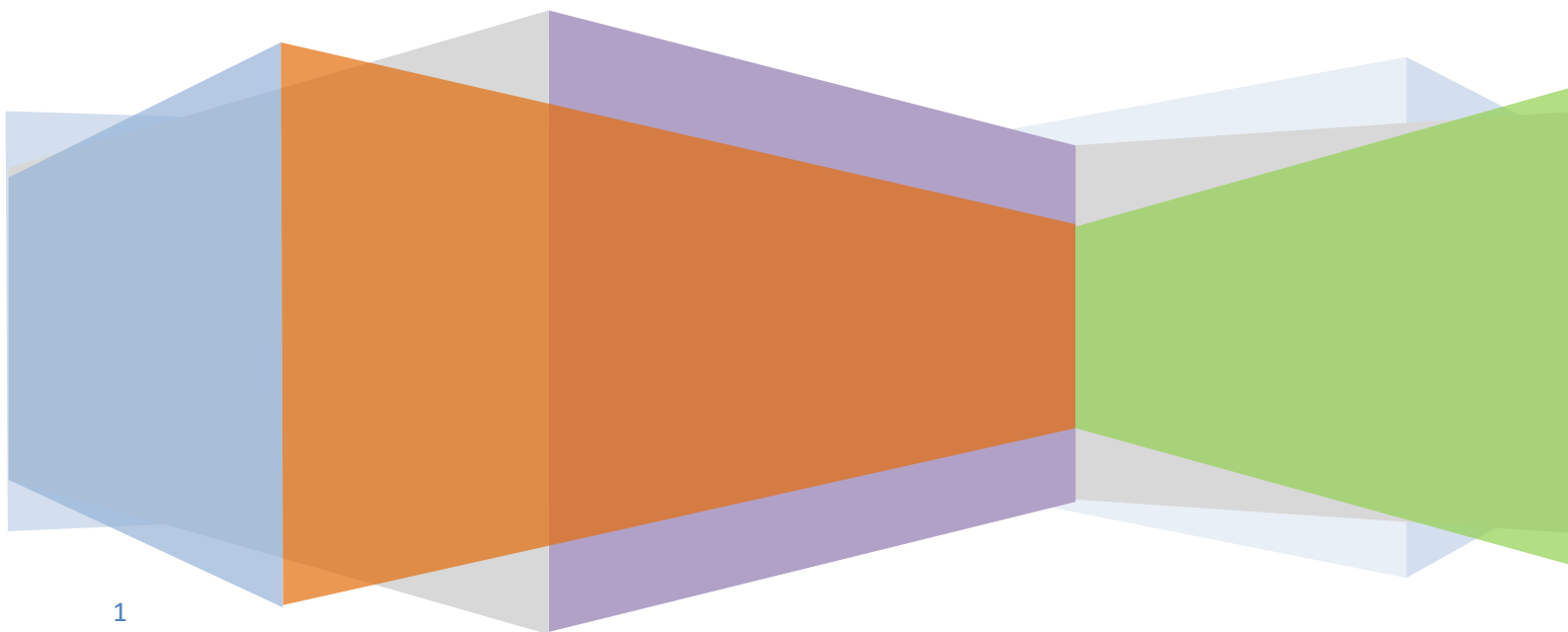


IO2. Task 2.2

Work slowly, work better

Training toolbox

Emotional Balance - Intrapersonal



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NAME OF THE TOOL: Bottle half full

ORGANIZATION AND COUNTRY: Indepcie, Spain

Online Face to face

Overview (What I am going to learn?):

Encourage positive emotions, favour the development of a positive self-esteem, favour our social relations, and increase creativity.

Objective (What am I going to learn it for?):

The aim of the activity is to identify what is positive in a negative situation.

Materials:

A bottle half full, pen or pencil and paper

Time:

Between 30 and 45 minutes

Target group:

Workers and employees of a company

Instructions for facilitators

This exercise should ideally be done in pairs, but can also be done in groups. It can be done indoors or outdoors, as long as it is a comfortable and quiet place where participants can talk.

Tasks and procedure

- The facilitator will show a half-full (or half-empty) bottle and ask the participants how they see the bottle and what the expression "the bottle is half full" means to them.
- Then the facilitator divides the group into pairs if possible, or in groups of three. The facilitator will give the participants 10 minutes to recall two difficult situations in their lives and write down:

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First conflict situation

- Situation or conflict:



- Non-operative emotions it produces in me:
- What can be positive about it:
- Possible solutions:

Second conflict situation

- Situation or conflict:
- Non-operative emotions it produces in me:
- What can be positive about it:
- Possible solutions:
 - When they finish, one person in the pair or group will read their difficult situation and how they dealt with it to the others and they will have to look for more positive things. Then the roles are reversed and another person in the pair or group talks about their situation and the others look for more positive things. This activity will last about 15 minutes or until the facilitator feels that they have talked for enough time.
 - To conclude, the facilitator can ask the participants if they have found it difficult to think about the positive side of challenging situations and if the point of view of their peers has helped them to see more positive things.

Adaptation to online implementation

This activity can also be done online. Apart from the materials mentioned above, the facilitator and participants will need a computer, a good Internet connection and a platform such as Zoom or Google meets. The facilitator will have to create different virtual rooms depending on how many pairs or groups there are so that they can talk to each other. When they have finished, all participants will return to a common virtual room to share what they have learned.

Connection with the skill

Positivity can help us in our own perception of the situation, by narrowing down the problem and looking at different points of view. It can help us to see it as something to learn from and we will deal with it by seeking solutions with a more proactive attitude.

When we talk about positive attitude and seeing the good side of things, we do not mean ignoring the negative emotions we may feel or underestimating the problems or difficult situations we may encounter in life. Suppressing emotions can lead to disappointment, regret or shame. If we learn to recognise emotions and manage them,



we will find the emotional balance that will lead us to achieve our medium and long-term results and maintain them.

Conclusion and evaluation

Faced with the same conflictive situation, two attitudes can be shown:

- Limiting oneself to seeing all the negative aspects of the situation with the emotions that this entails: fear, worry, anxiety, uncertainty..., which in most cases block a possible creative solution.
- See everything negative, recognise it and look for the positive aspects of the situation in order to cope with it or improve it.

If we recognise our emotions and regulate them, have high self-esteem and maintain a good relationship with others, it is easier to see the positive in negative situations.

With this activity, participants will learn that we cannot change the situations that happen to us but we can change how we think about them. Negative thoughts can arise automatically and sometimes hinder our achievements. Other people's perspective will help them realise that we can see things differently.



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