

EMOTIONAL TRIGGERS AND ENHANCERS

Hi Rockstar!

Welcome to Your Emotional Triggers and Enhancers Guide

This guide helps you understand your emotional triggers and gives you practical tools—your emotional enhancers—to reset, recharge, and build resilience. It's designed to be simple, practical, and action-oriented.

Use it step by step: keep your own experiences in mind, pause to reflect, and apply the tips. This way, it becomes a personal toolkit for everyday growth.

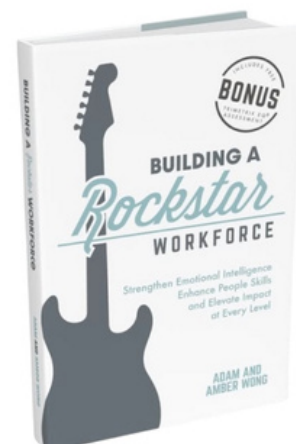
Remember: triggers are part of being human. Enhancers give you the ability to respond with clarity, balance, and strength.

Tip: Don't try to do everything at once. Pick one trigger and one enhancer to focus on. Small, consistent steps build real resilience.

We're excited for you to dig in, experiment, and see how mastering your triggers strengthens the way you lead, work, and live.

Rock on!

Amber & Adam Wong



EMOTIONAL TRIGGERS

What Are Emotional Triggers?

Emotional triggers are moments when your emotions spiral out of control—whether it's frustration, anger, or stress. These moments can make or break your day, influencing how you interact with others and how you make decisions.

Common workplace triggers include:

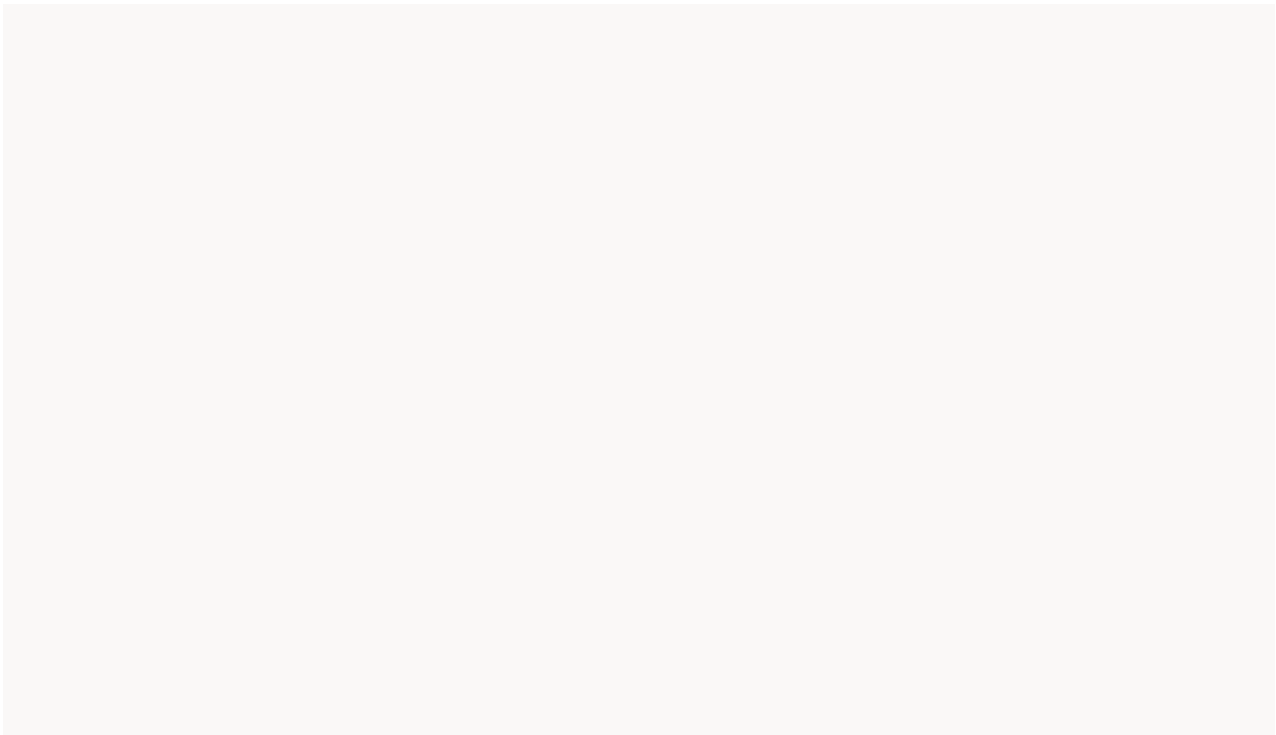
- Receiving unexpected criticism
- Dealing with last-minute changes
- Navigating conflicts with coworkers

Everyday triggers can also include:

- Getting stuck in traffic
- Struggles with kids at home
- Disagreements with a spouse or friend

Key Insight: Triggers activate the brain's "fight-or-flight" response, making it harder to think clearly. Awareness is the first step to regaining control.

Reflection Prompt: What situations consistently trigger frustration, stress, or anger for you? Jot down 2-3.

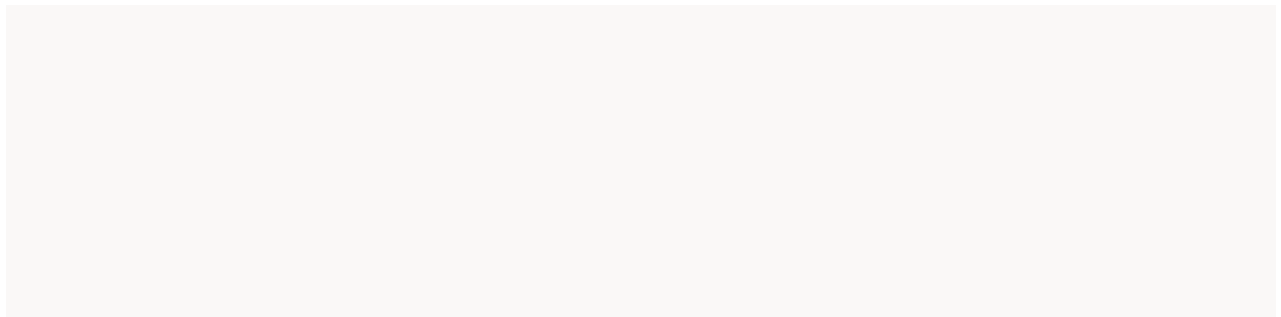
A large, empty rectangular box with a light gray background, intended for the user to jot down their reflections on emotional triggers.

EMOTIONAL TRIGGERS

Tips for Managing Triggers

- Plan ahead to minimize avoidable stress.
- Remove distractions that fuel frustration.
- Set realistic expectations—some situations will be tough, but you can control your response.
- Pause and breathe before reacting; this slows down the emotional hijack.

Your Notes: What's one strategy above you'll try this week?



Building Emotional Resilience

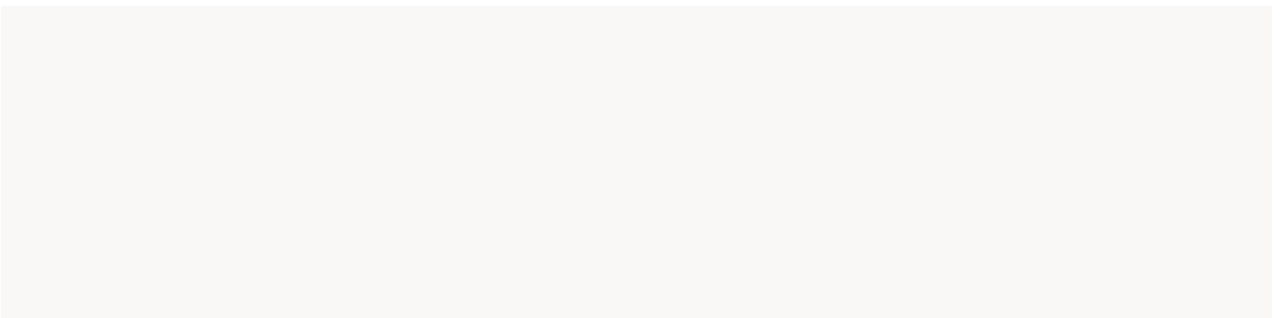
Emotional resilience is the ability to bounce back from challenges and maintain composure under stress. It doesn't mean ignoring emotions, but processing them constructively.

Practical ways to build resilience:

- Reflect on emotional patterns and prepare for common triggers.
- Use self-awareness to identify when emotions are escalating.
- Practice self-regulation by pausing, reframing, or preparing ahead of time.

Reflection Prompt: When do you feel most resilient, and when do you feel most depleted?

Write a few notes here:



EMOTIONAL ENHANCERS

Emotional Enhancers: Tools to Reset Your State

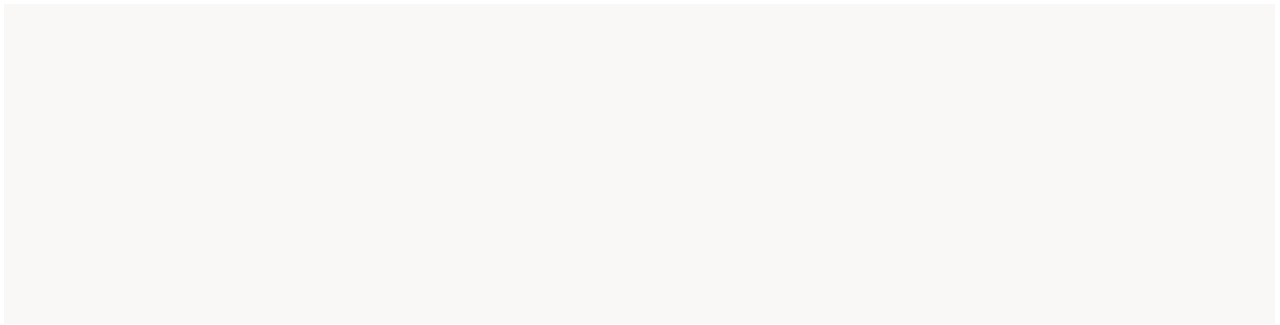
When triggers occur, emotional enhancers help you regain control, reduce stress, and reset. Think of them as tools for recharging your emotional battery.

Three Buckets of Emotional Enhancers

1. Quick Reset (5 minutes or less):

- Deep breathing or box breathing
- Short walk or stretch
- Listening to a favorite song
- Drinking water or a favorite beverage

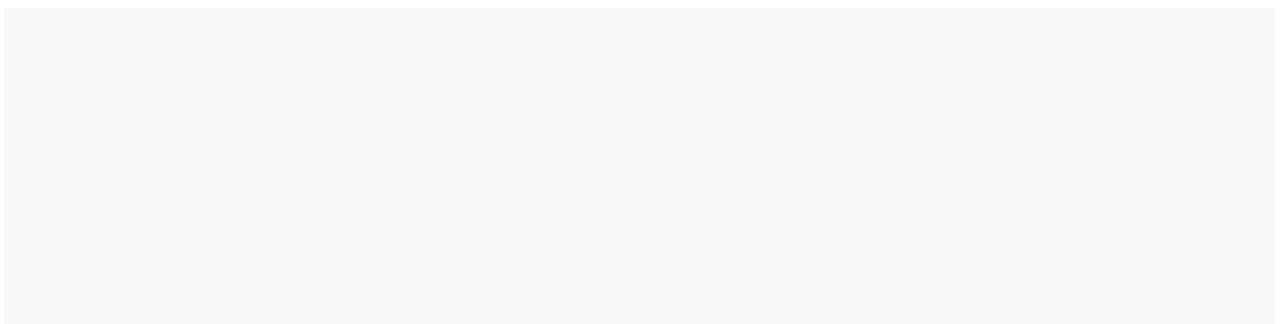
Your Quick Reset Ideas:



2. Regular Recharge (30–90 minutes):

- Exercise or yoga
- Quality time with family and friends
- Reading or hobbies
- Spending time outdoors

Your Regular Recharge Ideas:



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3. Big Reset (Requires planning):

- *Vacations or weekend getaways*
- *Road trips or camping*
- *Creative retreats or workshops*

Your Big Reset Ideas:

Putting It Into Action

1. *Identify your top three triggers.*
2. *Choose at least one emotional enhancer from each bucket.*
3. *Commit to practicing these tools consistently.*

Reflection Prompt:

- *Which triggers show up most often for you?*
- *What quick reset will you commit to using this week?*
- *Which big reset will you schedule for the next 3 months?*

WHAT'S NEXT

Next Steps:

- Share your top takeaways with a peer, mentor, or teammate.
- Revisit your notes in 30–45 days to reflect on what's changed.
- Encourage someone close to you to identify their own triggers and enhancers—compare and learn together.

Growth Doesn't Happen in Isolation

It's amplified when shared. By talking about your insights, you not only reinforce your own learning but also inspire those around you.

Ways to Share:

- Post one takeaway on LinkedIn or your favorite platform.
- Share a key insight with your team at your next meeting.
- Encourage a peer to complete this guide and compare notes.

Final Thought:

Leadership growth is a journey. Each time you pause, reset, and choose an enhancer over a reaction, you take another step toward leading—and living—with more clarity, empathy, and impact.



With gratitude, Amber and Adam Wong