

EMPOWERED CONNECTIONS PART 9  
RELAXATION TECHNIQUE TO DEAL WITH  
EMOTIONAL TRIGGERS

With Louise Anne Maurice



**RELAXATION  
TECHNIQUE  
TO DEAL WITH  
EMOTIONAL  
TRIGGERS**

# Social Intelligence – People Skills

1

Self Awareness

2

Social Self-Efficacy

3

Knowledge of Social Roles, Rules, and Scripts

4

Verbal Fluency and Conversational Skills

5

Active Listening Skills

6

Understanding What Triggers People

7

Emotional Intelligence

8

Impression Management Skills

# WHAT ARE TRIGGERS?

Dictionary

Search for a word  

 **trig·ger**  
*/ˈtrɪɡər/*

*noun*

a small device that releases a spring or catch and so sets off a mechanism, especially in order to fire a gun.  
"he pulled the trigger of the shotgun"

*verb*

cause (an event or situation) to happen or exist.  
"an allergy can be triggered by stress or overwork"

Similar: [precipitate](#) [prompt](#) [trigger off](#) [set off](#) [spark \(off\)](#) [touch off](#) 

Definitions from Oxford Languages [Feedback](#)

 [Translations and more definitions](#)

# WHAT ARE EMOTIONAL TRIGGERS?

- AN **EMOTIONAL REACTION** CAN BE TRIGGERED BY **STRESS OR WORK**
- **EVENT OR SITUATION** that happens causes **EMOTIONAL REACTION**

# EMOTIONAL REACTION IS THE SURVIVAL INSTINCT

NOTES FROM THE VIDEO

# REACTS TO STIMULI FROM EVENT OR SITUATION

NOTES FROM THE VIDEO

# CREATES A FOLDER FOR THE FUTURE IF THIS HAPPENS, DO THIS TO SURVIVE

NOTES FROM THE VIDEO

# EMOTIONS SET-OFF BY WORDS

- YOUR FAULT
- MISTAKE
- YOU ARE TO BLAME
- WHAT WERE YOU THINKING
- YOU SHOULD KNOW BETTER

# EMOTIONS SET-OFF BY SOUNDS

- YELLING
- THROWING
- SWEARING
- TISKING

# EMOTIONS SET-OFF BY TOUCH

- BEING AGGRESSIVE
- GRABBING ARM
- TAPPING

# EMOTIONS SET-OFF BY SIGHTS

- SHRUGGING
- NODDING OF THE HEAD
- MEAN LOOK
- DISGUSTED LOOK

# WHAT IS THE TRIGGER MISUNDERSTANDING MOST PROFESSIONALS MAKE?

NOTES FROM THE VIDEO

# WHAT HAPPENS WHEN SURVIVAL MODE IS CONSTANTLY TURNED ON?

NOTES FROM THE VIDEO

# WHAT DOES THIS RESULT IN?

NOTES FROM THE VIDEO

# SOLUTION: GET THEM RELAXED WITHOUT ANNOUNCING THAT YOU ARE USING A RELAXATION TECHNIQUE

## NOTES FROM THE VIDEO

# USE RELAXING WORDS IN EVERY CONVERSATION

## SYNONYMS

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**calm** ADJECTIVE

used about the way someone talks or behaves

**relaxed** ADJECTIVE

calm and not worried

**cool** ADJECTIVE

calm and relaxed

**composed** ADJECTIVE

calm and relaxed

**nonchalant** ADJECTIVE

relaxed and not worried about anything

**laid-back** ADJECTIVE

INFORMAL calm and relaxed

**at ease** PHRASE

confident and relaxed

**easygoing** ADJECTIVE

relaxed, calm, and not getting easily upset about things

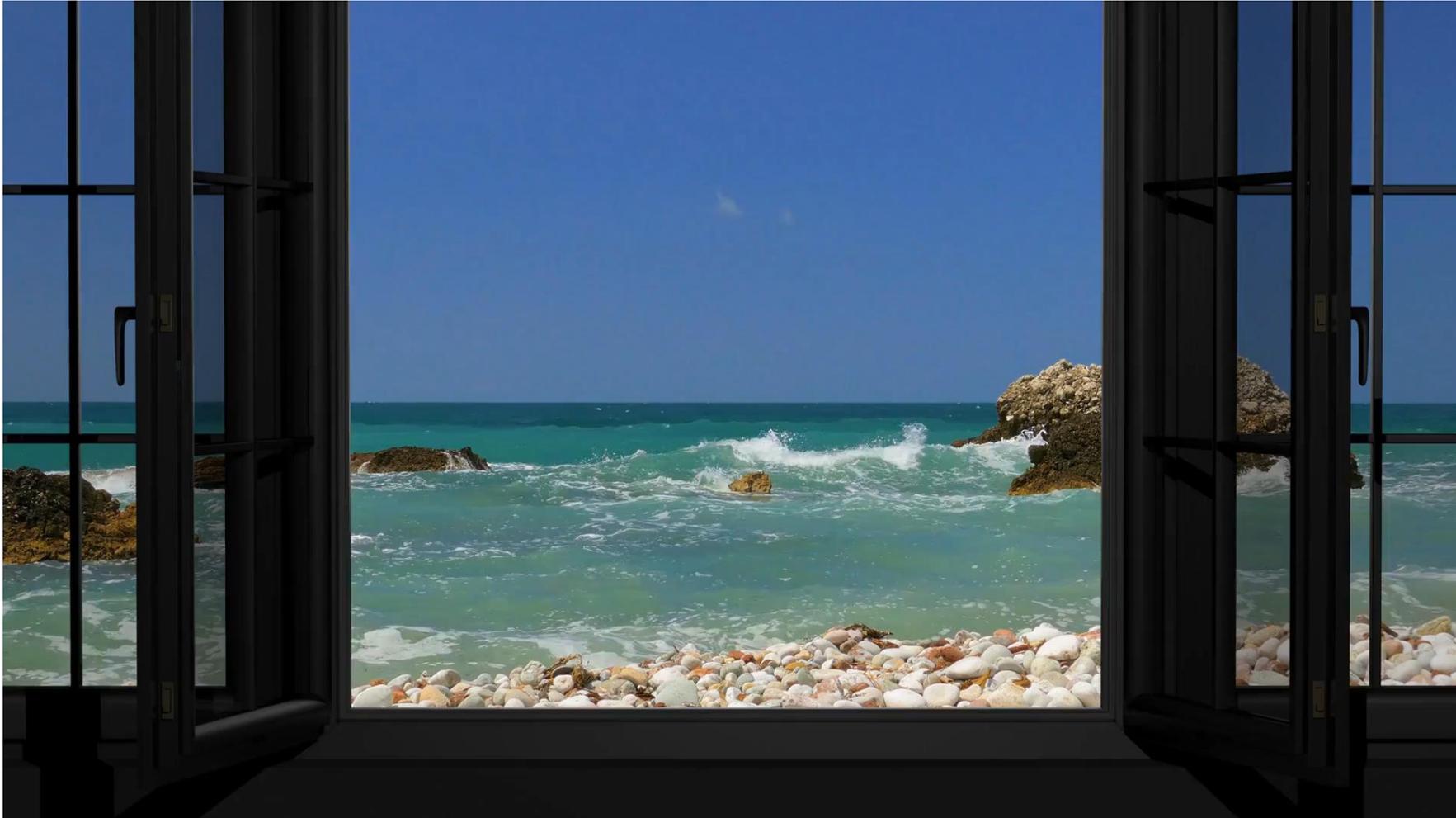
**at one with** PHRASE

happy and relaxed in your environment

**as cool as a cucumber** PHRASE

very calm and relaxed, especially in a difficult situation

BRING YOUR OWN RELAXING SOUNDS OR USE A  
FREE ONLINE TOOL SUCH AS <https://noises.online/>



# REFRAIN FROM TOUCHING PEOPLE DEMONSTRATE FOR THEM A NECK SELF MASSAGE



# RELAXING SIGHT – HAVE A CLEAN OFFICE



# NOW MORE THAN EVER PEOPLE NEED AN EMPOWERED APPROACH TO MANAGE STRESS



# SAVE TIME AND MONEY WITH DONE-FOR-YOU SESSIONS INCLUDING TECHNIQUES

## STRESS MANAGEMENT COACH CERTIFICATION

### Course content

12 sections • 131 lectures • 11h 57m total length

[Expand all sections](#)

✓ Stress Management Coaching: Understand the Impact of Stress	13 lectures • 1hr 25min
✓ Stress Test: How to Use a Stress Test in Coaching	5 lectures • 30min
✓ Stress Management Group Coaching Program	9 lectures • 1hr 28min
✓ Stress Management Coaching: Top 6 Client Case Studies	9 lectures • 1hr 28min
✓ Stress Management Coaching Session #1	14 lectures • 1hr 16min
✓ Stress Management Coaching Session #2	12 lectures • 1hr 3min
✓ Stress Management Coaching Session #3	12 lectures • 1hr 1min
✓ Stress Management Coaching Session #4	14 lectures • 1hr
✓ Stress Management Coaching Session #5	12 lectures • 40min
✓ Stress Management Coaching Session #6	12 lectures • 38min
✓ Stress Management Coaching Session #7	12 lectures • 39min
✓ Stress Management Coaching Certification Next Steps	7 lectures • 50min

★★★★★ 4 months ago

I love this course. Louise is an amazing teacher. She is able to connect with her students even in the online platform. I feel so amazed with her promptness to answer our questions. The program is easy to follow. You can see and feel how she wants her students to be successful. I recommend this course to everyone who wants to learn stress management and be a coach.

★★★★★ 6 months ago

It was a very informative course, learnt a lot of new concepts. I really appreciate the fact that you made a point to tell us how to market yourself as a coach. I feel it is an important tool to be discussed. Thanks a lot for the useful tips. Wish you good luck!!

★★★★★ 5 months ago

Wow! So much valuable information, totally supportive and a joy to complete. 'Lock down with Louise' as I'm currently calling it, is my favourite past time. I'm a long time coach stuck on self isolation abroad and my resources are nil, but my passion for personal development continues to be high and I can't recommend Louise's work highly enough. Great stuff!

★★★★★ 3 weeks ago

Really well structured course! I have learned so much in such an easy way and feel confident to go out and start sessions already! Thank you so much!



Home

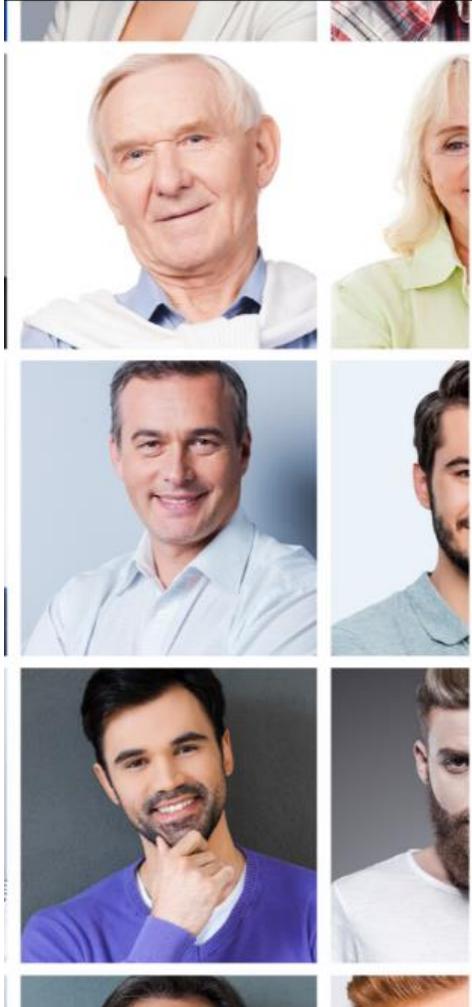
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# Learn with Louise

## LouiseAnneMaurice.Com

How To Be Happy In Life by Louise Anne ...

Watch later Share

Empowerment Expert

ACHIEVE MORE WITH LOUISE ANNE MAURICE

### In Life

Benchmark	Value
Benchmark 1	10
Benchmark 2	20
Benchmark 3	30
Benchmark 4	40
Benchmark 5	50

Free Training

