



## Weekly Character Challenge

### TEMPERANCE

calm ▪ composed ▪ patient ▪ prudent ▪ self-controlled

*conducts oneself in a calm, composed manner; maintains the ability to think clearly and respond reasonably in tense situations; completes work and solves problems in a thoughtful, careful manner; resists excesses and stays grounded*

#### MORNING

#### AFTERNOON

M

Recognizing how you feel is key to regulating your reactions. Notice the different emotions that you feel today and through the week. Are there any patterns? For example, frustration as you get hungry near lunch and a meeting runs long, a sense of worry before a presentation, or anxiety before a difficult task or project you've been putting off.

When we're tired we're less able to regulate our emotions. Think about what's getting in the way of you getting more sleep, like staying up too late on your phone or watching TV, or a lack of consistency from day to day. Commit to an earlier bedtime this week and see if you feel better after a few days. Create a bedtime routine with activities that help you wind down such as reading or taking a bath.

T

If you're feeling agitated, try HALTing. Are you Hungry, Angry, Lonely, or Tired? These are the four most common reasons for emotional frustration and conflicts with others. Practice checking for these catalysts and taking steps to fix them (e.g., eat a snack, take a breath, call a friend, or take a nap). If you recognize you're not at your best and are communicating with someone, agree to revisit the topic at a later time.

Think of a situation in which it's easy for you to get anxious or angry. Pick an anchor – a song, a quote, or a quick activity (like a breathing exercise), that you can use to keep you grounded. The next time you find yourself in this situation, use your anchor to keep your emotions from overwhelming you.

W

Start your day with a short mindfulness practice. Try listening to a guided meditation or doing a yoga or tai-chi routine (you can find these on YouTube). Have a cup of tea or coffee while you review your priorities before you open your email. You can also simply sit in silence and listen to the world around you.

See if there's a way you can exercise more self-control at work today. If you are finding it difficult to get started on a task, try to remove distractions from around you and make the task the only thing on your screen.

T

Think about a person or situation that tends to frustrate you. If you'd like to respond differently in the future, try preparing what you'd like to say in advance of encountering the person or situation. Prepare specific examples of what frustrates you, be concise, and try to avoid blaming them.

Think of a task that you usually rush to get done. For the next week, slow down every time you're doing that task. Double check. Triple check. Try playing some relaxing music, making a cup of tea, or doing something else that will help you take time and be careful with your work.

F

Today, practice patience by pausing. When waiting in traffic or lines, don't closely follow the person ahead of you. If you feel itchy or cold, observe the feeling before scratching or putting on a sweater. You'll notice that you have more control than you think over your responses, and you don't always need to respond right away.

Try something new that involves waiting (examples: fishing, growing a plant, baking bread, or going to the ballet). Choose something that isn't already a hobby for you. While you're doing it, focus on the enjoyment or what you notice about each stage of the process, rather than wishing the time away.