



# Level One Episode Guide

## EPISODE 4: Emotional Contagion

Creating a world of work where people discover their significance and purpose

"Repeatedly catching negative emotions from the people in our lives can create a miasma—preventing us from seeing the contagion or its cause. Instead, we sense we're in an unhealthy environment. And in worst-case scenarios, emotional contagion leads to harmful actions." -Carlin Flora



Check out the article:

### Protect Yourself from Emotional Contagion

Whether it's joy or anger, we're wired to catch and spread emotions. But with a little awareness, we can inoculate ourselves against too many negative ones.

By Carlin Flora from Psychology Today, June 2019

- 1 Be aware of what emotions you're putting out into the world
- 2 Make fewer assumptions and try to be more curious, as opposed to certain, about what other people are feeling
- 3 Avoid taking responsibility for someone else's negative emotions and instead, acknowledge how they're feeling

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How do you recognize for yourself when you're allowing other people's emotions to impact you?

What are the literal and practical steps you can take to create space for others' emotions without taking them on yourself?

What are ways you can leverage the concept of emotional contagion to influence?

Who around you helps you to be the best possible version of yourself?