



Emotional Sobriety in the Workplace

Struggling with stress at work? Feeling emotionally dysregulated? If so, learning about emotional sobriety is a great way to regulate one's nervous system under duress and stress.

During this workshop, Lynne will guide participants in understanding emotions, and how to respond. Attendees will also learn about “triggers,” how they show up in the body, and how learn from them by using journaling, breathing and grounding techniques, and more.

Based on excerpts from [*Maintaining Emotional Sobriety During COVID-19: Transforming Trauma into Post-Traumatic Growth*](#) by Tian Dayton, PhD., the workshop will include an overview of emotional sobriety, a session of prompts, grounding techniques, reframing, etc. Bring a favorite pen, journal or notebook and get ready to begin a journey into emotional sobriety.

"... participants responded to Lynne's workshop with raving reviews. They loved the connection of childhood stressors being reflected into adulthood... Thank you for your generosity of sharing the knowledge." - Emanuela DeCenso, Head of Adult Services, Farmington Community Library, Farmington, MI



About the presenter: Lynne Cobb is a speaker, writer, journalist and researcher, whose essays and articles have been [published](#) in Detroit's major daily newspapers, as well as in local and national magazines and various websites. She's also a contributing author to the anthologies, [*What I Do to Get Through*](#) and [*Feisty after 45 – the Best Blogs of Midlife Women*](#). Lynne is a member of the Detroit Working Writers and has her Bachelor of Arts—Journalism Studies from UMass—Amherst, Massachusetts.

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