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Our Mission is ...

To work towards the prevention of workplace injuries & illnesses, and to minimize their impact upon the employees & employers

Emotional Contagion

the tendency to feel and express emotions similar to and influenced by those of others.

Can emotions really spread like a cold or the flu?

Actually, yes.

It happens when you mimic, usually without conscious effort, the positive or negative emotions and expressions of people around you.

Emotional contagion is a common social phenomenon, a type of interpersonal influence through which moods transfer from person to person.

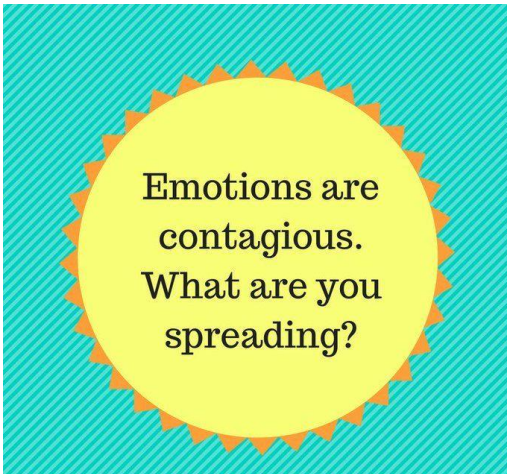
Simply put, emotional contagion means that you can catch from and pass to others a feeling, a mood, or the impulse to take action.

Negative emotions spread.

Positive emotions spread.

Energy is contagious either you affect people or you infect people

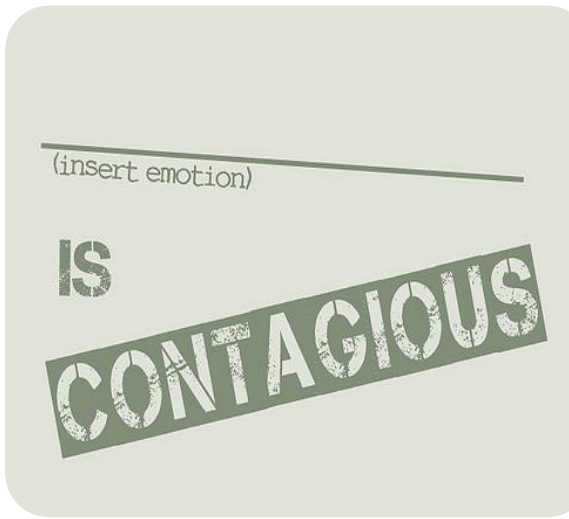
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Tips for staying positive

- ✦ Surround yourself with things that make you happy
- ✦ Offer positivity
- ✦ Recognize what's happening
- ✦ Laugh it up
- ✦ Don't take it personally

Emotions can go **“VIRAL,”** especially in a group setting, similarly to a social media post



If you are always in a state of hurry, anxiety, stress, panic, busyness, then what energy are you teaching others to adopt? If you won't learn to bring mindfulness and peace to the day for yourself, do it for those around you who may be harmed by unchecked emotional contagion.

Brendon Burchard

The bottom line

People can't always put into words how they feel, but they can usually give a general idea through their body language and other subtle cues. The downside to this is that negative emotions can spread, especially through workplace environments and social media.

You can't get a shot to prevent emotional contagion, but you can keep it from bringing you down.

Sources: <https://www.healthline.com/health/emotional-contagion#takeaway>