



**Yes, conflict is contagious!** Surprised? I will bet not. Emotion is contagious. As contagious as a yawn or the Swine Flu. You can't be responsible for someone else's happiness or anger. You can only be responsible for yourself BUT you can take a temperature of the emotional environment of your workplace.

Are people laughing? Are people talking about each other or to each other? Is there something in place to help people handle stress?

Here is my advice.

Ask yourself these questions:

How am I doing with this work environment—really?

What is really freaking me out?

What am I disappointed with?

Would my co-workers or boss agree with me or would they describe me differently?

What one thing can I do to help me make it to lunch? To the end of the day? To the end of the week?

Then- seek out others just to say hello and how is it going. If you are concerned, share your concern then share what you are doing to make it through the day.

Why? Because unless the GIANT Pink Elephant in the room is addressed it will grow and suck the life force out of everyone. The result is that the conflict s.unless identified and addressed the emotional climate will worsen.