



Our emotions are like our internal compass. They help us make decisions and guide our behavior. Our emotions allow us to understand, connect, and communicate with others and ourselves. We are built to feel a continuum of various emotions including anger, fear, sadness, excitement, love, and happiness.

Not being able to understand, identify and manage our emotions can lead to negative consequences. Self-awareness of one's own emotions and the ability to regulate them can enhance long-term wellbeing, improve performance at work and enrich personal relationships, leading to better overall health.

Whether you are someone who suppresses emotions, feels overwhelmed by them or is unclear what certain emotions even feel like, this course will teach you how to regulate your emotions and feel them in a healthy way.

Facilitator



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Topics

Contents:

- Labelling emotions game
- What are emotions
- 3 motivational systems of emotions
- What is emotional intelligence
- Why do emotions go wrong sometimes
 - Amygdala hijacking
 - Under-emoting
 - Over-emoting
 - Mis-emoting

How to manage one's own Emotions:

- Self-Awareness
 - Criticality of Emotional Labelling
 - Self-reflection
- Self-Management/Emotional Regulation
 - Traffic light technique
 - Emotional Reappraisal
 - 5-4-3-2-1 grounding technique
 - ABC Thinking
 - Other techniques