



Managing your Emotions

Workshop Duration: 1 Day

Facilitation in English

Workshop Description

Is your anger hurting you or actually getting in the way of having your needs recognized and met? Is your inability to manage these feelings interfering with your daily functioning, and limiting your ability to experience joy? This workshop will help teach you to safely explore and process your angry feelings so that you can gain some closure and begin to heal. Learn new health promoting anger busting strategies and tools that can be implemented immediately so that you can feel more empowered, and start living more fully.

Who Should Attend

This workshop geared for anyone going through a challenging period and feels they can use some guidance and support in managing their feelings.

What You Will Learn

By the end of this course you will be able to:

- Understand how your anger works
- Be able to identify the underlying issues which are at the root of your anger
- Recognize the triggers associated with your anger, so that you are in a better position to avoid these, or to do something about it, before you feel too out of control to prevent your usual reaction
- Develop more effective coping strategies and practical tools to manage you anger

Course Outline

Understanding Anger

- Learn how you personally deal with your anger
- Anger and the Brain-Medical Model
 - Cognitive Brain/ Emotional Brain
 - Brain Chemistry: Adrenalin
 - The Hormone Connection
- Patters of Angry Behavior
 - Bottle and Blow Pattern
 - Men/Woman & Anger
- Theories Related to Anger
 - Anger turned inward
 - Our Past-Psycho-Dynamics
 - Learnt Behavior-Modeling

Interventions

- Biochemical/Physical Interventions
 - Medical
 - Breathing



Interventions (continued)

- Experiential Interventions
 - Relaxation Training
 - Visualization & Focusing
 - Identify Underlying Feelings
 - Journaling
- CBT(Cognitive Behavior Therapy) Interventions
 - Time out
 - Behavior Busting-Eliminating Unwanted Behavior
 - Dealing with Perceptual Bias
 - Cognitive Restructuring
 - Learning Interpersonal Skills
- Problem Solving
 - Writing a formal complaint