

Positive thinking – How to manage emotions and not succumb to negative thoughts

Course code: EMOCE

Sometimes it's just too much. Everything upsets you, your mind is racing. And even though you know it doesn't make sense, you still worry about it. This workshop is a space where you can sort things out. You will find out why some things affect you more than you would like. You will learn to work with what is going on inside you – your emotions, thoughts, and reactions. No "you have to be okay." Instead, you'll learn specific techniques for handling difficult situations with greater calm, perspective, and without unnecessary inner struggle. You'll leave with a clearer view of yourself and others. And you'll also have tools to help you when the next challenging day comes.

Who is the course for

- For those who want to learn to manage their emotions consciously and with respect for themselves.
- For anyone who tends to escape into catastrophic scenarios or self-blame in their thoughts.
- For those who want to work with their inner critic and restore their ability to see things with perspective.
- For anyone who wants to strengthen their emotional resilience and calmness.

What we teach you

- Recognize when thoughts and emotions are draining your energy, and learn how to deal with them differently.
- Understand why we sometimes act "inappropriately" and how to stop blaming ourselves for it.
- Work with your body as a tool for calming down.
- Handle conversations and situations where internal tension spills over externally.
- Create your own plan for managing emotions in everyday life.

Teaching materials

Gopas guide book for this course.

Course outline

- What are emotions and why can't they be turned off: Why doesn't the phrase "don't worry about it" work?
- Negative thoughts and their power: How they influence our decisions and relationships.
- The relationship between the body, emotions, and the brain: What does the limbic system say?
- Breath and body as an anchor: How to calm down quickly when you're boiling over.
- Working with your inner critic: Where does it come from, what does it want, and how to tame it.
- Reframing techniques: How to change your perspective and find a different path.
- Emotions in communication: What to say when you feel like saying "something completely different."
- Your own map of emotions and regulation plan: What works for me? How can I help myself?

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