

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

Course code: EMOCE

This practical workshop focuses on developing mental resilience and the ability to cope with emotionally demanding situations in both professional and personal life. During the course, you will become familiar with principles of working with emotions and the body, and you will learn techniques for calming the mind as well as physiological responses. The course also includes practical tools for managing tense interpersonal interactions. At the end, each participant will create an individual plan to help them better manage emotions in everyday life.

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 your thoughts and emotions are draining your energy, and learn how to work with them differently.
- Understand why we sometimes act "disproportionately" and how to stop blaming yourself for it.
- Work with your own body as a tool for calming and self-regulation.
- Manage conversations and situations in which inner tension spills over outwardly.
- 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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