

Informal Civic Education Project

Erasmus+ n. 2021-1-IT02-KA220-ADU-000033716

Open Educational Resource
Project Result

by: **Fundació Campus Arnau
d'Escala - Spain**

Topic: **Health**

Title: **Learning to manage emotions**

www.informalciviceducation.eu



**Funded by
the European Union**



Introduction and learning objectives

This Open Educational Resource encourages you to learn and reflect about your emotions and how to manage them.

Summary

1. Managing your emotions
2. Self-care and self esteem
3. Life cycle and mourning
4. Healthy living habits
5. Communication and assertiveness



1. Managing your emotions



EMOTIONS

Definition: Unconscious response to stimulation that prepares the organism for action.

- **Physiological or adaptive responses:** are automatic, body reactions.
- **Behavioural reaction:** emotional expression, behaviour, non-verbal language, facial expression, tone of voice.
- **Cognitive response:** conscious emotional experience, our evaluation of the situation.

1st EMOTION: THE BRAIN'S MOST PRIMITIVE, IMMEDIATE AND SURVIVAL-ORIENTED RESPONSE.

2nd FEELING: RATIONAL BRAIN, BECOMES CONSCIOUS, EVALUATES AND ELABORATES COGNITIVE RESPONSE.

FEELING: the subjective way the brain interprets the physiological changes that occur in the body when we experience an emotion, our beliefs, our values, our learning.



1. Managing your emotions



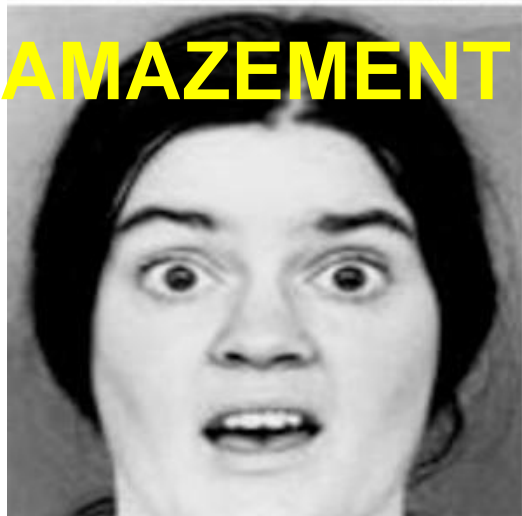
ANGER



FEAR



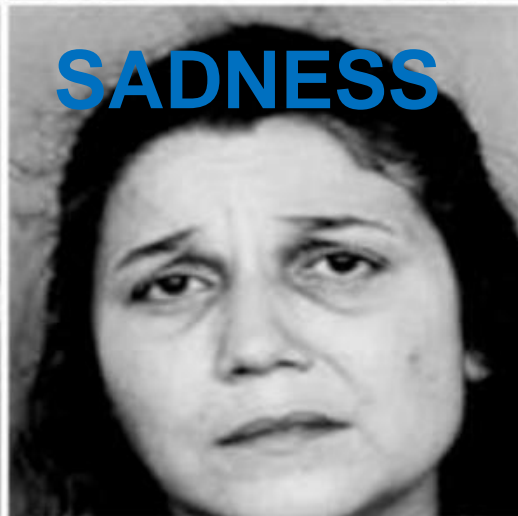
DISGUST



AMAZEMENT



JOY



SADNESS

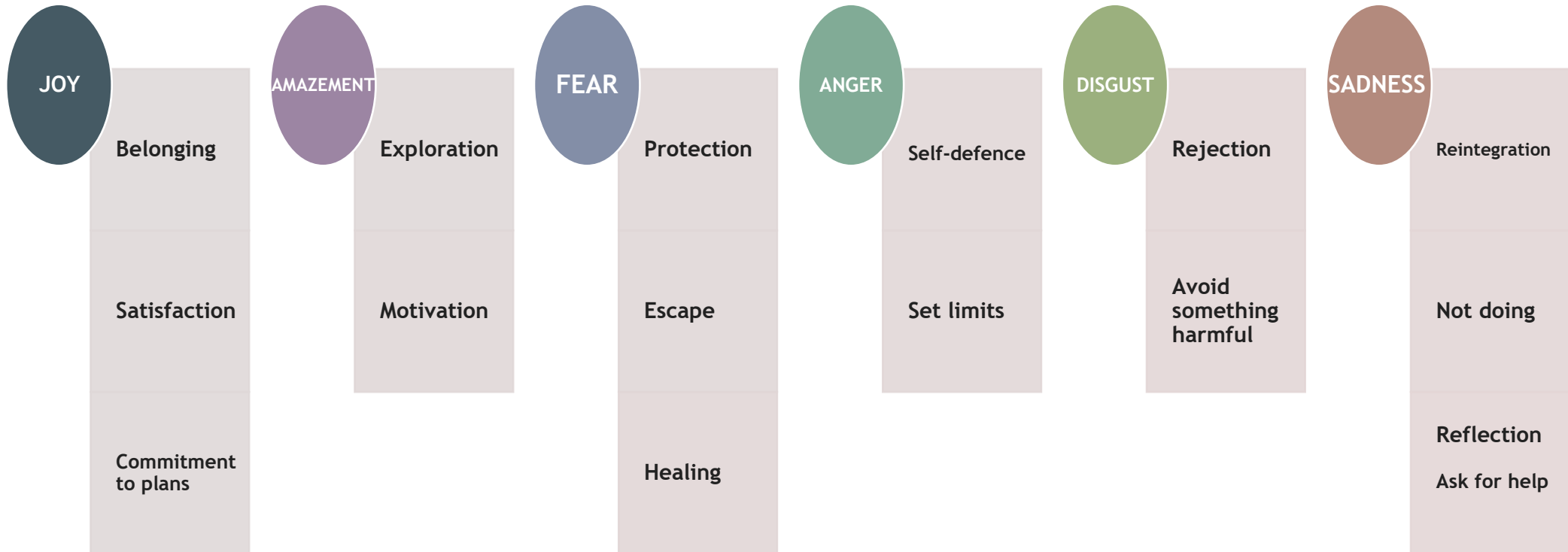
Ekman
(1972)



1. Managing your emotions



THE ROLE OF EMOTIONS



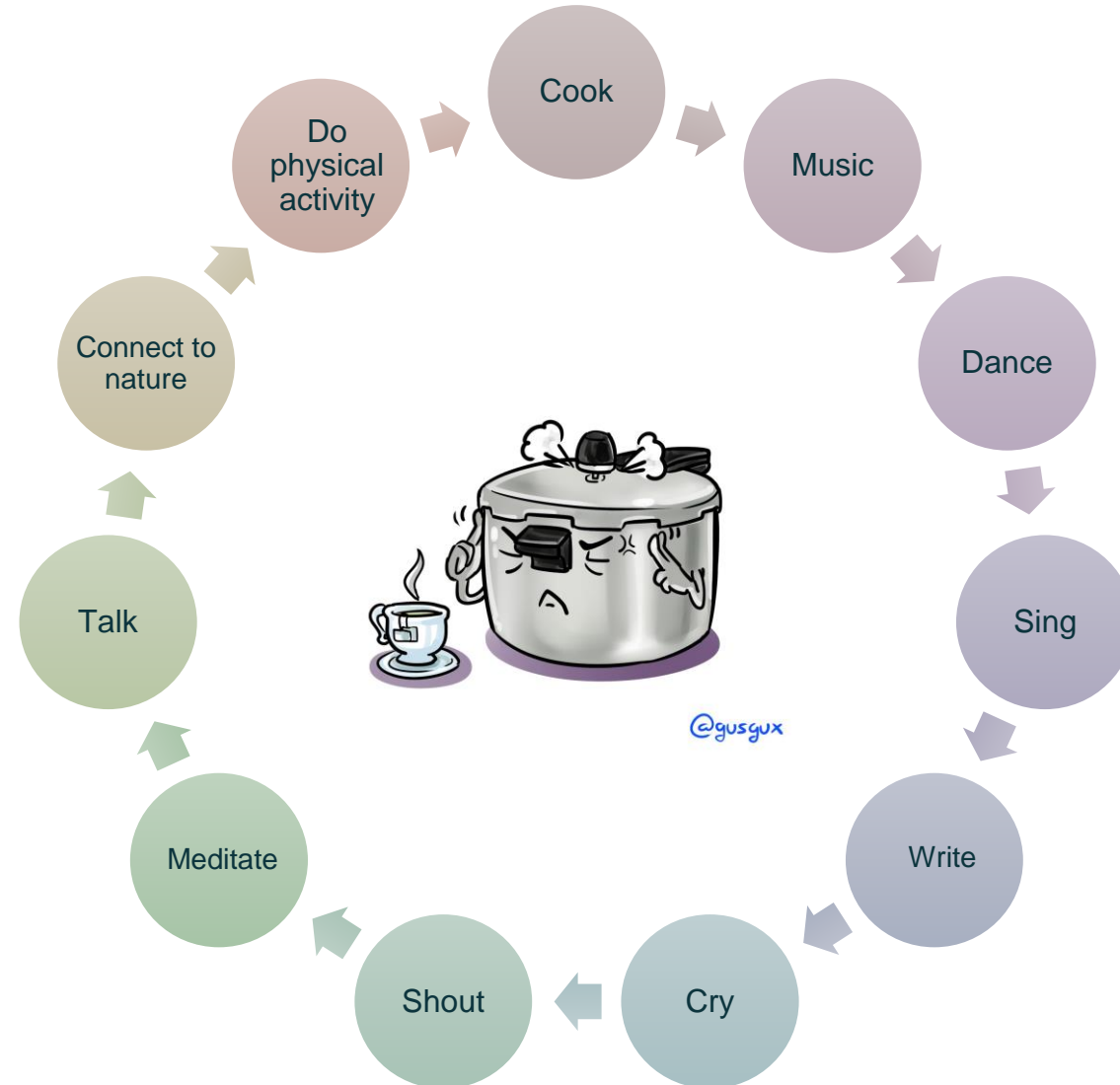
[Watch the video:
Emotions and the Brain](#)



1. Managing your emotions



EXPRESS EMOTIONS



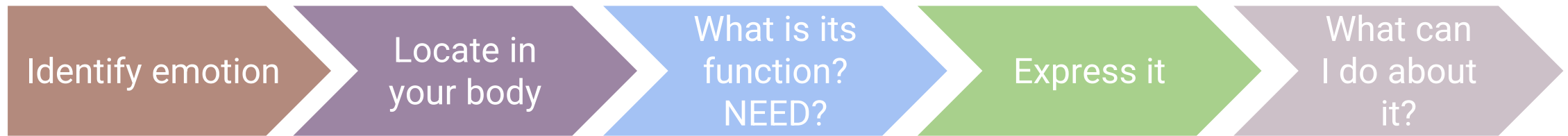
[Watch the video:
Developing Emotional Intelligence](#)



1. Managing your emotions



HOW TO MANAGE YOUR EMOTIONS



Emotions act as our compass to identify our needs.
Now ask yourself what you can do to meet that need!



[Watch the TED-Ed video:
How to manage your emotions](#)



2. Self-care and self esteem



Self-care

is about using our resources and developing the tools to take care of ourselves in order to maintain our wellbeing.

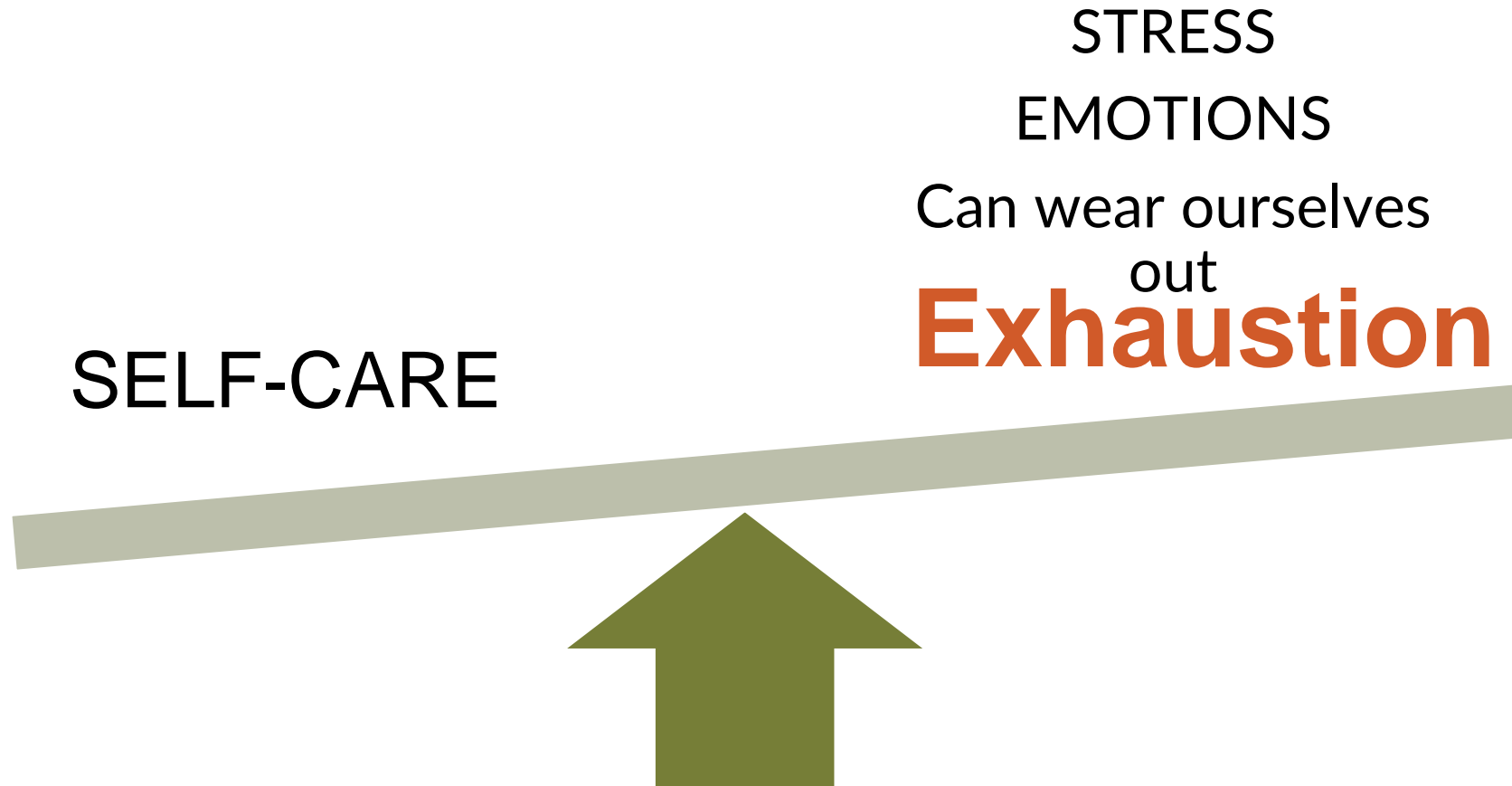
Self esteem

Good self-esteem is the first step to emotional wellbeing.





2. Self-care and self esteem





2. Self-care and self esteem



SELF-CARE DIMENSIONS

Take some time to reflect...

1. In what dimension do you practice greater self-care?
2. In which dimension should you be working and why?
3. Reflect on your dimensions scheme



[Watch the video:
Self care & Self esteem](#)



2. Self-care and self esteem



The pillars of self-esteem



Self-knowledge



Respect



Acceptance





2. Self-care and self esteem



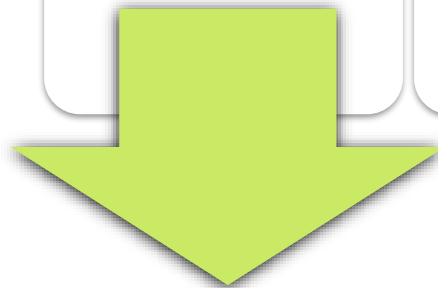
Self-knowledge



Respect



Acceptance



Know yourself deeply

Be aware of your **STRENGTHS** and **WEAKNESSES**.



2. Self-care and self esteem



Our internal dialogue (talking well to ourselves, avoiding negative self-criticism)
Being aware of our virtues and flaws



2. Self-care and self esteem



Self-knowledge



Respect



Acceptance



Accept us as we are
Comfortable with ourselves
Learning to live together

Self-efficacy: Having confidence in ourselves

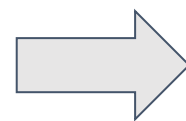


2. Self-care and self esteem



Low self-esteem

"Focusing on our limitations, not on our strengths"



Discontent, sadness...



2. Self-care and self esteem



- Lack of clear goals
- Avoidance behaviour
- Poor "ambassadors" of ourselves
- Comparing with models of excellence
- Standard behaviours



Thoughts

- Speech full of "you should"...
- Totalitarian words:
"I ALWAYS get it wrong"
"I NEVER get it right"
"EVERYONE rejects me"
- Rigid cognitive style (inflexible thoughts/suggestions).
- Cognitive distortions, irrational beliefs, fallacies of reasoning (guessing/generalising from a detail), labelling leading to negative, erroneous and catastrophic emotional reasoning.

Emotions

- Change anxiety
- Fear of failure.
- Uncertainty in decision making
- Experience of frustration

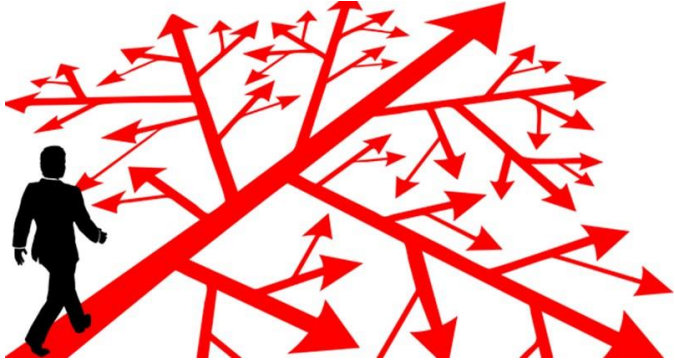
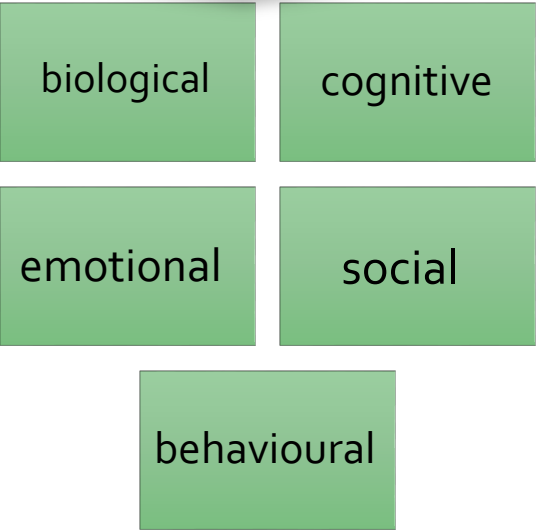


3. Life cycle and mourning



LIFE-CYCLE PSYCHOLOGY

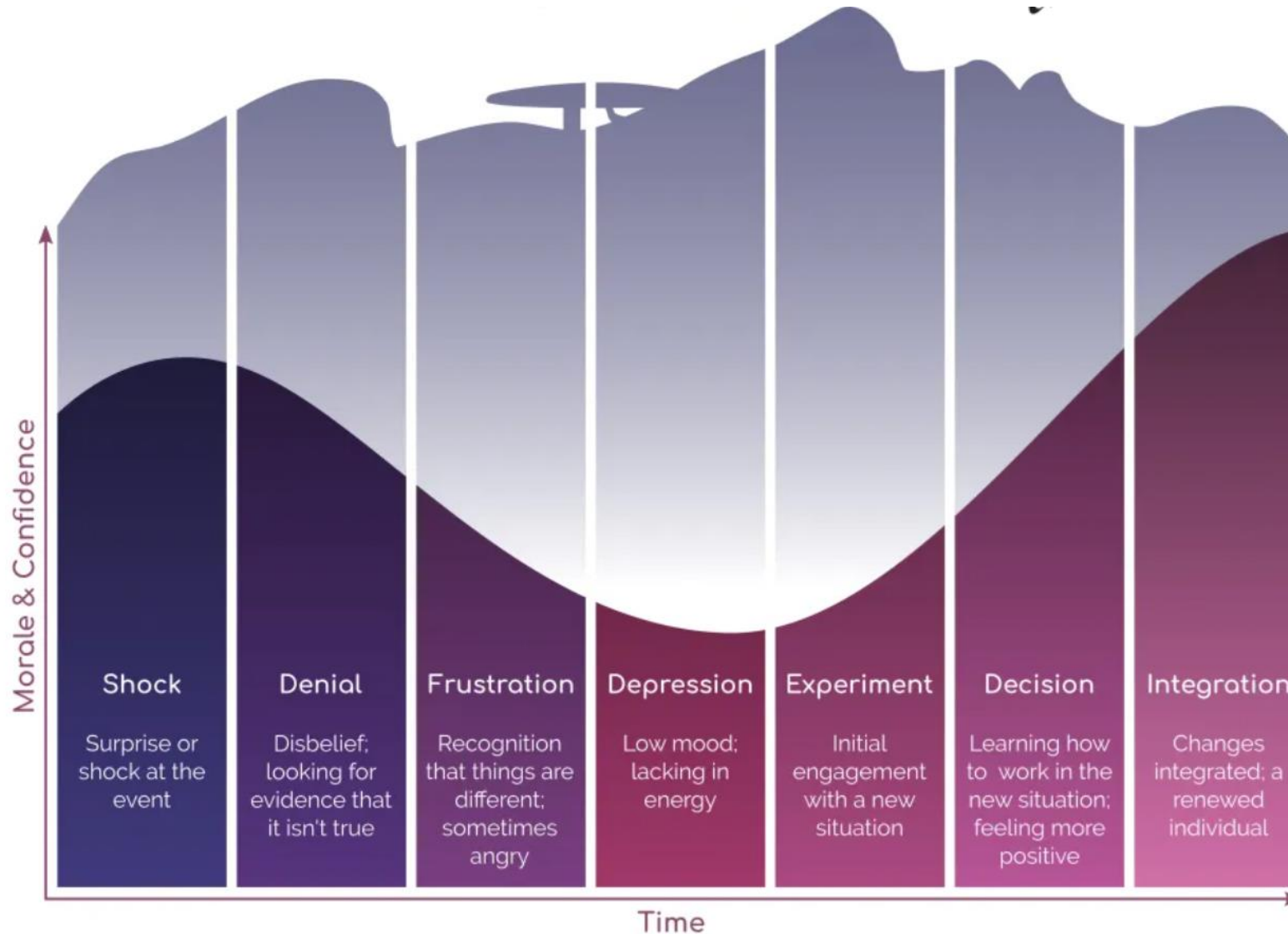
CHANGES AND TRANSITIONS THROUGHOUT LIFE



- Complex
- Interconnected
- Including many changes



3. Life cycle and mourning



<https://www.ekrfoundation.org/5-stages-of-grief/change-curve/>



3. Life cycle and mourning



Coping with bereavement

<h3>Express</h3> <p>Talk about it</p> <p>Ask for support</p>	<h3>Accept feelings</h3> <p>Sadness</p> <p>Anger</p> <p>Frustration</p> <p>Exhaustion</p>	<h3>Reminisce</h3> <p>Rituals to honour the person:</p> <ul style="list-style-type: none">- Letter- Pictures- Candles- Plant a flower	<h3>Care self-care</h3> <ol style="list-style-type: none">1. Physical2. Emotional3. Mental4. Spiritual5. Social	<p>Ask for help</p>
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3. Life cycle and mourning



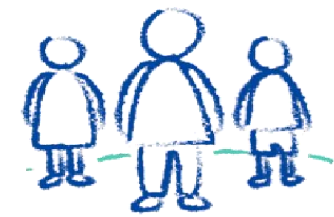
What can we do?



NORMALIZE

- Sadness
- Anger
- Guilt

"We can't make these emotions disappear"



PRESENCE

Respecting the personal process

Do you need me to help you with anything?



ACCOMPANY

Make them feel understood

"I understand that you are sad, it's very hard...".

"It's normal to feel angry, he shouldn't have died...".





4. Healthy living habits



Food vs. Nutrition



Eat

Voluntary action

Set of actions that provide food to the body

Phases: choice of food, cooking and intake

Nourish

Involuntary action

Transformations that take place in the body in order to make use of food

Phases: obtaining, assimilation and digestion of nutrients by the body



4. Healthy living habits



The 10 key points of the Mediterranean diet

1. Eat more plant-based foods: fruit, vegetables, pulse.
2. Use extra virgin olive oil (both for cooking and dressing).
3. Choose wholemeal foods.
4. Choose dairy products preferably without added sugars.
5. Limit consumption of red and processed meats.
6. Water is the best source of hydration (avoid sugary drinks and juices).

Choose fresh, seasonal and local foods: reduce ultra-processed and ready meals.

ready meals. Prioritise food from home.
8. Avoid alcohol and tobacco.
9. Be physically active (150 min/week) and try to get a good night's sleep, avoid a sedentary lifestyle.
10. Plan your shopping well and eat at least one meal a day as a family.



4. Healthy living habits



Mindful eating

Emotional hunger

- It comes up "suddenly".
- You are not able to postpone it
- You do not take nutrients into account
- Does not respond to a fixed and socially accepted timetable
- Your mood influences the amount
- You eat without control
- You do not enjoy the flavours
- You feel guilt and discomfort
- You feel unpleasantly full when you finish

Real hunger

- Appears gradually
- You can wait to feed yourself
- It is a healthy meal that suits your needs
- At your usual feeding time
- You can control what you eat despite your moods
- You recognise the food you eat: awareness
- You savour and enjoy your food
- You don't feel guilty when you finish
- You feel satisfied but not unpleasantly full



5. Communication and assertiveness



What do I need to be assertive?



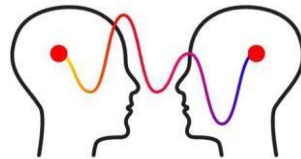
SELF KNOWLEDGE

Become aware of the needs and values of everyone.



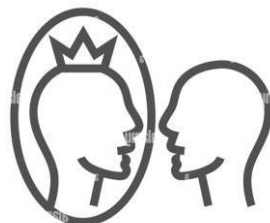
EMOTIONAL AWARENESS

Become aware of your own emotions and (getting rid of the need for control).



EMPATHY

Necessary for proper active listening.



SELF ESTEEM

Self-acceptance.



[Watch the video:
How to Communicate Assertively](#)



Questions for self-reflection and self-evaluation

- 1 Reflect on a recent situation where you experienced a strong emotion. How did you manage that emotion, and what could you do differently next time to navigate it more effectively?
- 2 Describe three activities that you consider essential for self-care. How do these activities contribute to your overall well-being and self-esteem? If you haven't prioritized self-care, what steps could you take to incorporate it into your routine?
- 3 Think about a significant change or loss you've experienced in your life. How did you navigate through the various stages of the life cycle or mourning process? What coping mechanisms were most helpful for you, and what did you learn about yourself during that time?
- 4 Assess your current lifestyle habits in terms of physical health, nutrition, and sleep. What adjustments could you make to promote a healthier lifestyle? How do these habits impact your overall well-being?
- 5 What are the four types of communication mentioned in the video?



PARTNERS



GLOCAL  **FACTORY**

HOTEL SILBER



CAMPUS
ARNAU
D'ESCALA



Austrian Association of
Inclusive Society