

SELF-REGULATION, MY EMOTIONAL LIFE (YOUTH)

Humans are social beings and need to have healthy, close relationships with others. Healthy relationships with others require us to be stable within ourselves. You will learn more about emotions, self-regulation, and anger management so that you can have more meaningful, long-lasting and healthy bonds with others, as well as with yourself.

Topics covered in this **SAFE, INTERACTIVE 5 DAY WORKSHOP** are:

- ♥ Forgiveness
- ♥ Traditional vs. modern relationships
- ♥ The 6 Pillars of Self Esteem
- ♥ Make your own Relationships Vision Board
- ♥ Personal Positivity Poster creation
- ♥ Worry warriors
- ♥ Your perceptions of anger
- ♥ Negative thinking traps
- ♥ Cognitive triangles
- ♥ How to stop being annoyed by life
- ♥ Transforming problems
- ♥ Anger is unavoidable
- ♥ Creating positive self-talk
- ♥ Setting emotional boundaries
- ♥ Relaxation
- ♥ Emotional Resilience
- ♥ Grounding
- ♥ Handling others' anger
- ♥ Gratitude
- ♥ Shifting your focus
- ♥ Active listening
- ♥ Conflict resolution
- ♥ Self-regulation anger mapping
- ♥ Moving forward

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