



Be your best self

Mastering emotions to overcome challenges

Initiative by:





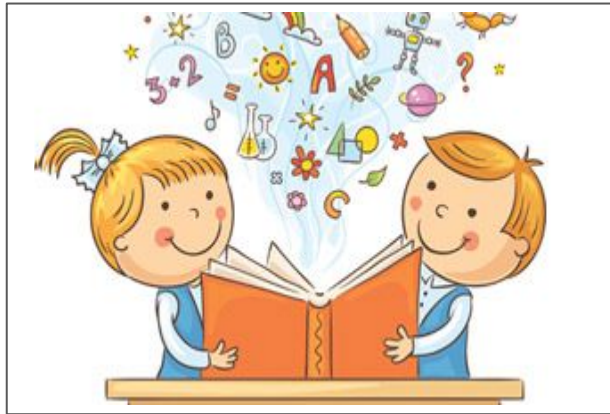
I feel



I think



I grow



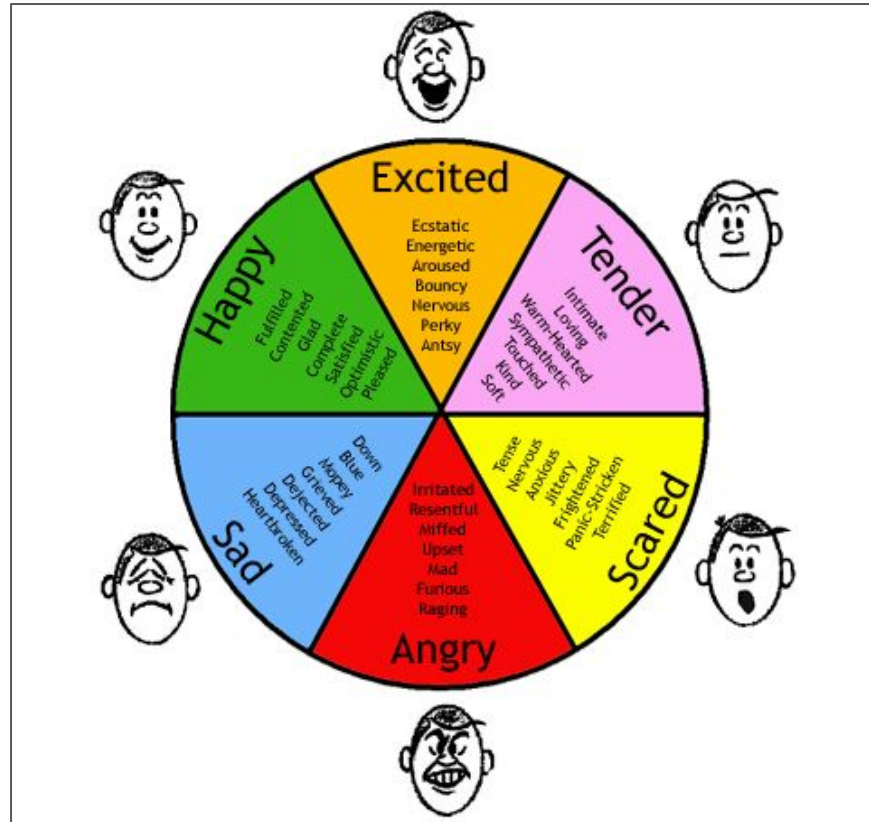
I share



I act

I feel

How do you feel about attending this webinar?



I think

I feel this way too!



I get angry when
someone is mean to me



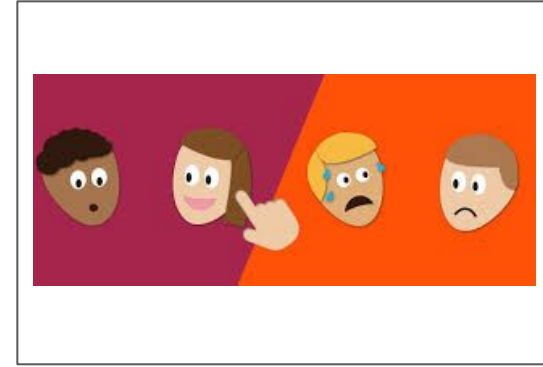
I feel irritated when my mother
forces me to do something



Recognition



Understanding



Labelling



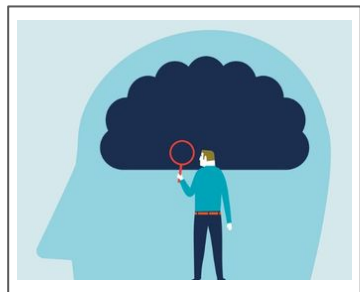
Expressing



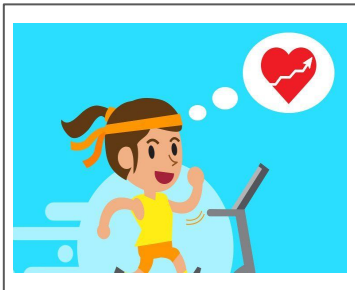
Regulating

Low energy emotions

Sadness



Re-frame
thoughts



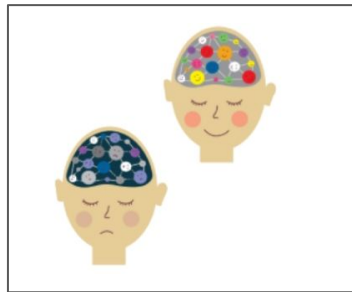
Exercise



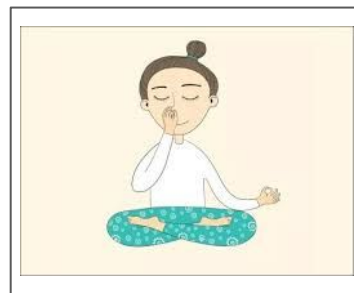
Help others

High energy emotions

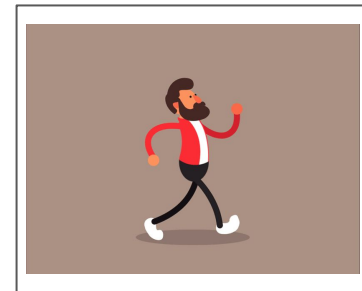
Anger



Re-frame
thoughts



Deep breaths



Take a walk

I share and I act



If you were in the character's shoes. How would you express or regulate the same emotion ?

THANK YOU



MINDSHALA

Stay connected

Website: www.aatmaprakash.com/mindshalalive

Contact us: 8171618411 or 9893953939