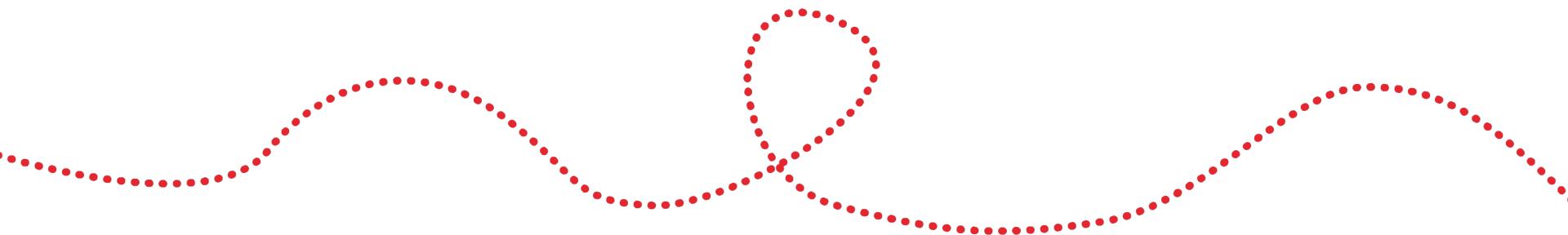


Winning the Mind Game

24th February



Our Agreements



- Keeping video cameras on
- Turning phones or other messaging platforms onto silent or off
- Commitment to participate
- Confidentiality and permissions to share

Today

- Delve into emotional awareness and intelligence
- Understand triggers and how the brain responds
- Discover tools to tame the monkey mind





“Awareness is the birthplace of possibility. Everything you want to do, everything you want to be, starts here.”

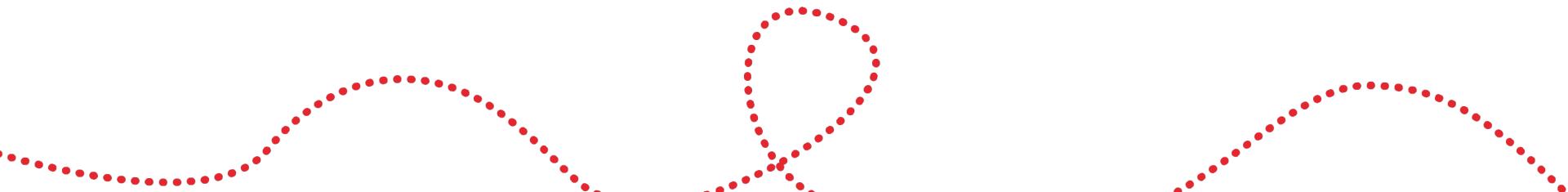
~Deepak Chopra

Emotional Awareness – Meditation



Emotional Awareness and Regulation

- As human beings we never have complete control over our feelings but we have more control than we think
- You can build skills that allow you to manage and direct your emotions are called emotional regulation
- One of the most important aspects is recognizing that negative or painful emotions are not inherently bad
- Instead of focusing on avoiding or denying the presence of the negative we can acquire the skills to keep our emotions in check



Individual Reflection

In 5 minutes write as much as possibly can about your experience in the meditation:

The feeling (s)?

Where it was in your body?

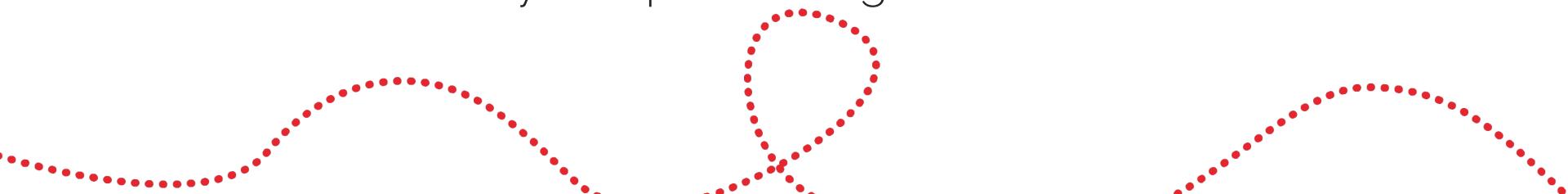
What you experienced? Colour, shape, sensation?

Any words that were attached to it?



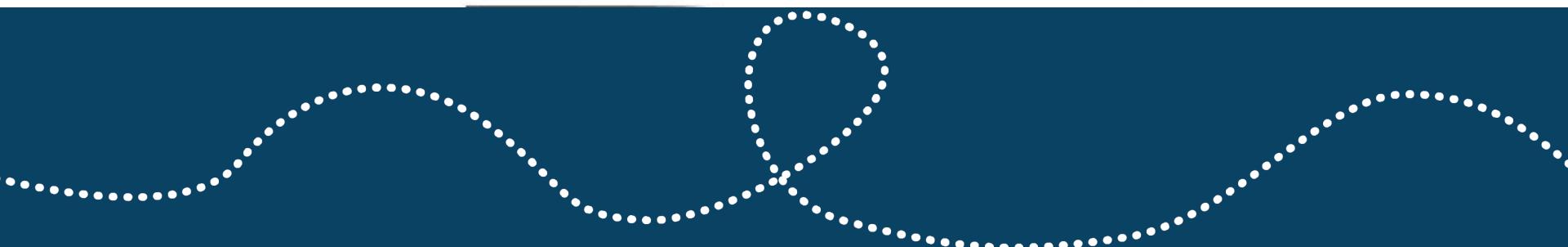
Understanding Triggers and the Brain

- On any given day, you probably experience a range of emotions —excitement, unease, frustration, joy, disappointment.
- Your response to these events can vary based on your frame of mind and the circumstances surrounding the situation.
- They are held within your limbic system and we are creatures of habit
- An emotional trigger is anything — including memories, experiences, or events — that sparks an intense emotional reaction, regardless of your current mood.
- Knowing what your emotional triggers are (and how to deal with them) is a key component of good emotional health



WHAT TRIGGERED ME

- 1. I felt excluded.
- 13. I felt like the bad guy.
- 2. I felt powerless.
- 14. I felt forgotten.
- 3. I felt unheard.
- 15. I felt unsafe.
- 4. I felt scolded.
- 16. I felt unloved.
- 5. I felt judged.
- 17. I felt like it was unfair.
- 6. I felt blamed.
- 18. I felt frustrated.



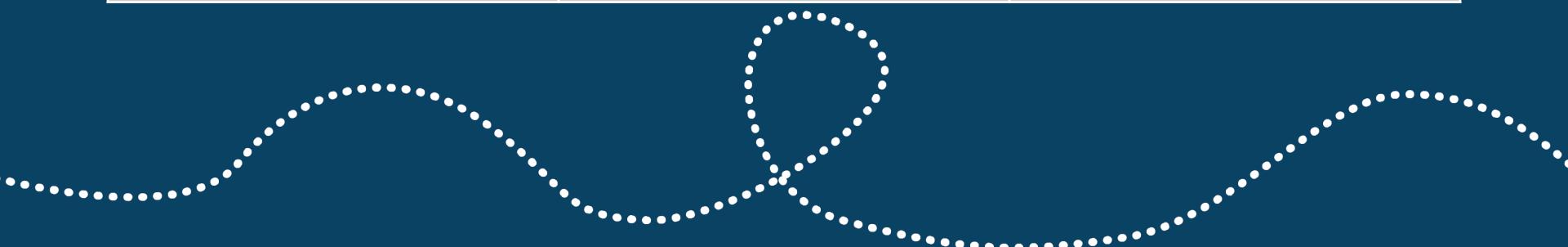
Triggers and Responses

- A person who felt ignored and dismissed growing up might start shouting whenever they feel they aren't being heard.
- A person who had emotionally unavailable parents (or partners) may get insecure whenever someone isn't there for them.
- A person who felt controlled in the past might get angry when they think they're being told what to do.
- A person who felt helpless for years might panic when they're in a situation over which they have no control.



Group Exercise

Trigger	Current Reaction	New Response





“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.” ~Viktor E. Frankl