

SESSION 4 — Emotional Regulation & Self-Management

 Duration: 15 Hours

Concepts Covered

- Emotional regulation strategies
- Mindfulness & grounding
- Reframing thoughts
- Managing difficult emotions: anger, anxiety, frustration
- The “Pause–Process–Respond” model

Hands-On Activities

- **Breathing & grounding sessions**
- **Thought reframing worksheet**
- **Emotional reaction journal**
- **Simulation scenarios:** Handling strong emotions

Outcomes

- Ability to manage emotional highs & lows
- Develop healthier response mechanisms