



Erasmus+
Enriching lives, opening minds.

Eurhope

EU as a solidarity's house for minors out of home
Erasmus+ project n. 2023-2-IT03-KA220-YOU-
000184370



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Life Skills Module 1

Personal Area



HELLENIC
AMERICAN
UNION



CENTRO STUDI AFFIDO



In this module we will talk about:

Self-awareness and self-management

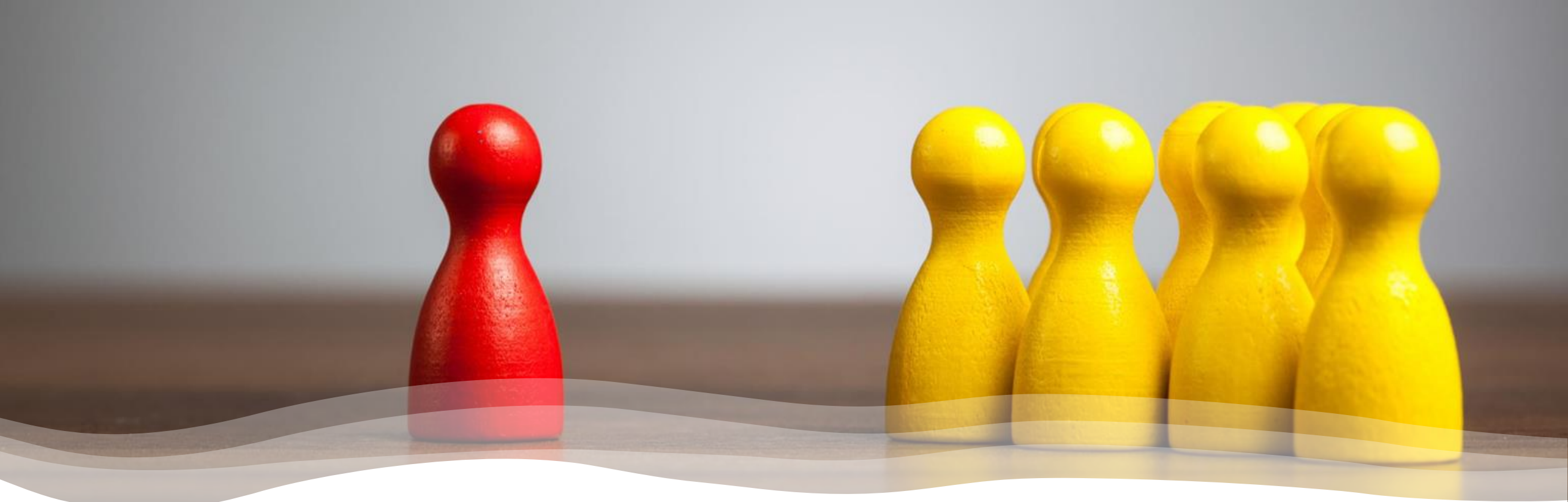
- Self-understanding
- Recognizing and labeling emotions

Emotional Regulation and Behavior Management

- Techniques for managing emotions in different situations
- Finding your strengths and weaknesses

Building resilience

- coping with setbacks and adversity
- coping with uncertainty and stress



Self-awareness and Self-management

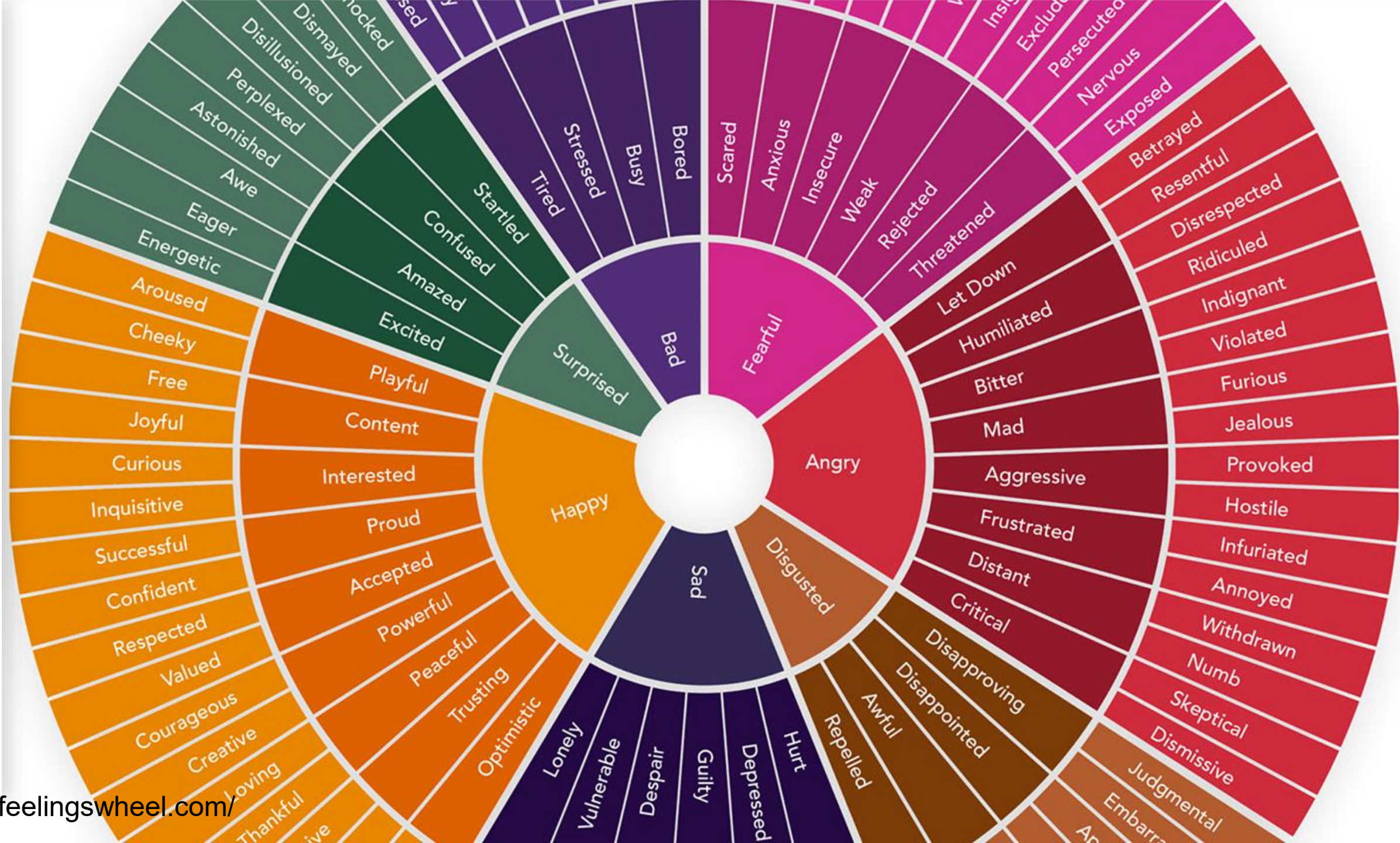


What is self-awareness and why is it important?

Self-awareness is the ability to recognize and understand different aspects of yourself, including traits, behaviors and feelings.

Self-awareness is crucial for several reasons:

- 1. Emotional Regulation**
- 2. Better Decision Making**
- 3. Improved Relationships**
- 4. Personal Growth**
- 5. Mental Health**



Recognizing and labeling emotions

- 1. Pause and Reflect**
- 2. Identify Physical Sensations**
- 3. Acknowledge the Emotion**
- 4. Use Specific Labels**
- 5. Consider the Context**
- 6. Express the Emotion**





Understanding strong emotions

- Fear
 - Sadness
 - Anger
-
- Physical reactions
 - What it is usually connected to
 - How it is expressed



Sadness

- Metabolism slows, giving us time to mourn
- It comes from not getting what we want or stress of what might happen, or from sorrow when losing someone important
- When sad, many people try to isolate themselves, but this cuts us off from resources to get over sadness
- It is connected to depression, shame, disappointment, regret, guilt, embarrassment, and insecurity



Fear

- Blood rushes to our arms and legs so we can run or fight
- It immobilizes us and forces us into fright, flight or fight
- It is connected to worry, anxiety, stress, nervousness, panic, and phobias



Anger

- Blood rushes to our hands so we can fight
- It is one of the most dangerous emotions because it is energizing, it builds momentum. The more often we are angry, the less arousal we need to stay in this state.
- It can be an expression of frustration, stress, anxiety, loss, confusion, embarrassment, jealousy, rejection, threat, etc

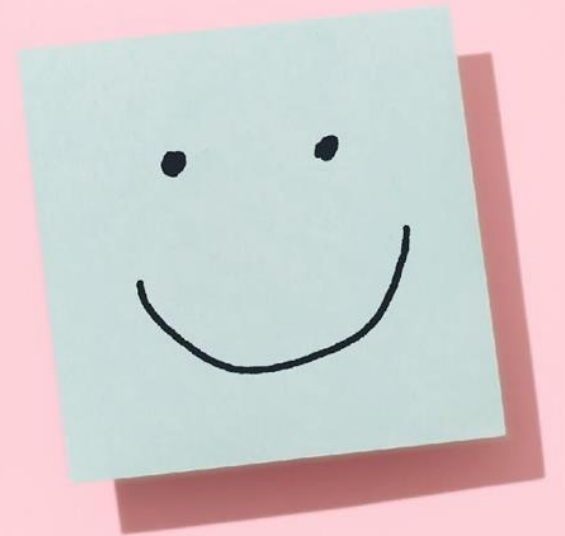
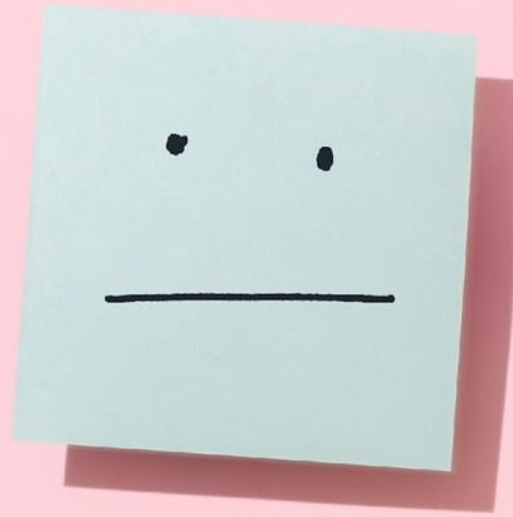
Anger iceberg

https://www.youtube.com/watch?v=AQIQCOY_Im0



*Can you identify the
emotion?*

Emotional Regulation and Behavior Management



Emotional regulation

- You control your emotions; they don't control you
- There are no wrong emotions, they all are valid.
- You cannot control how you feel about circumstances or events. The initial feelings you have in response to events are always okay.
- What you can control is how **you choose** to react and respond when emotions are heightened.
- Just because your feelings and emotions are valid, doesn't mean they give you an excuse to behave however you want



Typically, when we experience a feeling we don't like...

we try to get rid of it, either by problem solving (rationalize the problem) or trying to control how we feel (“stop feeling sad”)

Or

we try to block and avoid it

All of the above do not work. The effort put in such actions make the feeling worse or more intense.

So what really works?

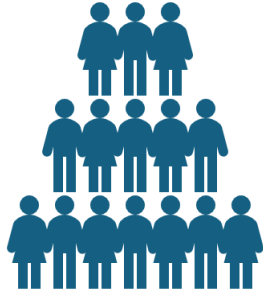




Accepting the feeling

- Instead of fighting a bad feeling, **accept** that you feel it.
- **Name and acknowledge** it. To give a specific name to your feeling helps you better understand it and it usually takes its real dimensions instead of escalating
- **Validate** it. Don't judge the feeling "I should not feel sad" but give yourself permission to have it. It doesn't mean that you like it or don't want to change it, but just that you acknowledge the presence of the specific feeling that specific time.
- **Take opposite action.** For example, when you feel anger, you want to attack and fight back. But that irritates you even more and the situation escalates until you explode. Instead, you can take the opposite action to take a step back and remove yourself from the situation. This will gradually make you feel calmer

Stay on the positive side



There will always be people in better and worse position than you.

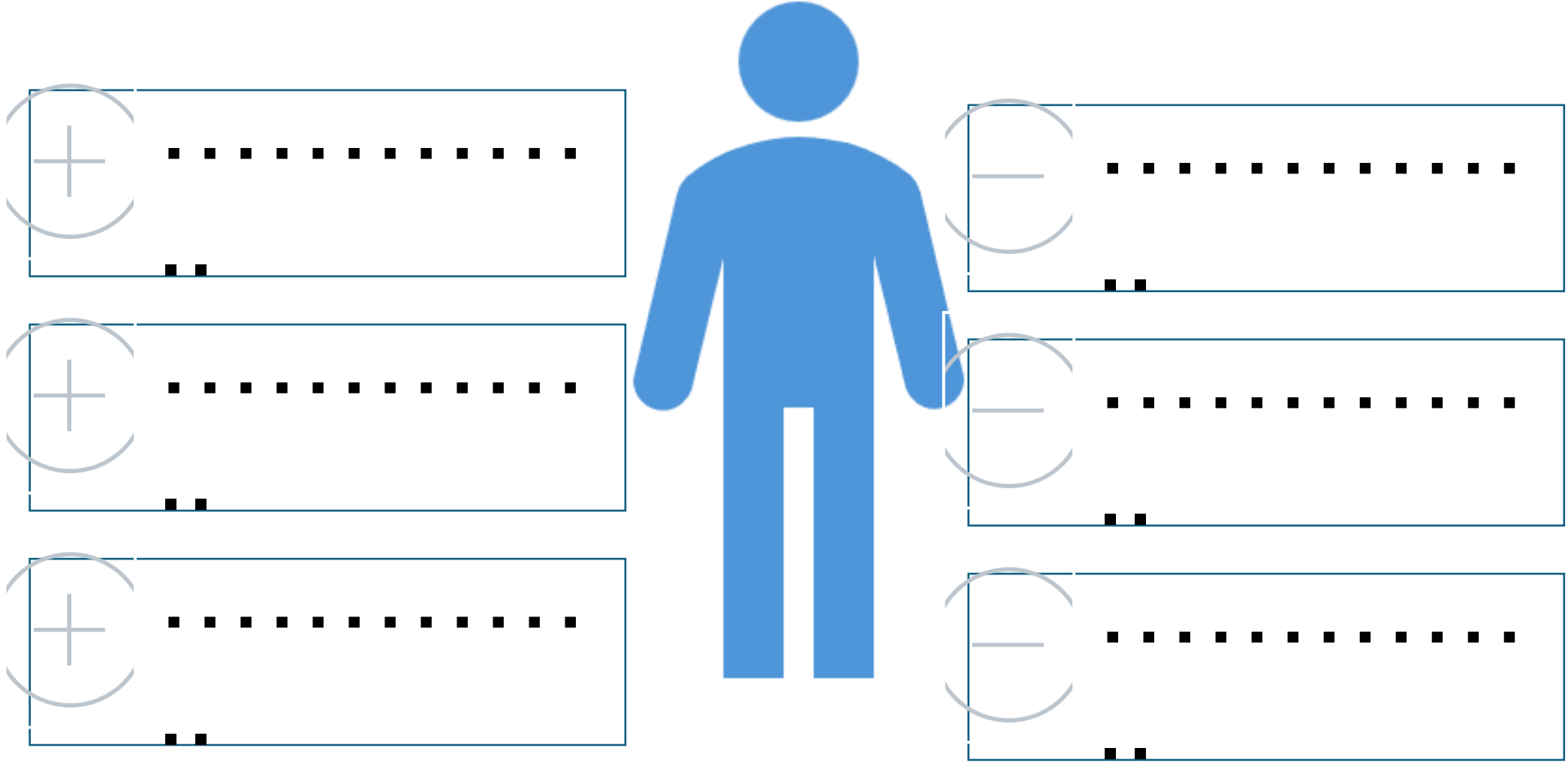


Try to appreciate what you have on a regular basis.



Let's "count our blessings" together.
Let's find and list 5 things you are grateful for, this week.

Understanding your strengths and weaknesses



Strengths

Adaptability
Assertiveness
Attention to detail
Communication skills
Compassion
Confidence
Courage
Creativity
Critical thinking
Decision-making
Empathy
Fairness
Flexibility
Forgiveness
Goal-setting
Gratitude
Honesty
Independence
Initiative
Interpersonal skills
Leadership

Weaknesses

Disorganization
Intolerance
Lack of communication skills
Lack of compassion
Lack of confidence
Lack of creativity
Lack of decision-making
Lack of discipline
Lack of emotional regulation
Lack of empathy
Lack of flexibility
Lack of focus
Lack of interpersonal skills
Lack of motivation
Lack of patience
Lack of respect
Lack of self-control
Lack of self-esteem
Lack of teamwork
Lack of time management
Negative thinking



Building resilience



3 universal truths

- Uncertainty is the only certainty there is
- Becoming is better than being . Intelligence and skills can be cultivated through effort and persistence.
- Failure is part of everyone's life. The lessons you learn from failing are going to prepare you for the success you seek!
<https://youtu.be/hV40u2FNFBk?feature=shared>



Prepare for the rough times to come

- Take care of yourself: physically, mentally and spiritually
- Put things in perspective
- Take control: Bad times make us feel out of control. Leave the situation to evolve and deal with small, everyday things you can still control.
- Talk to someone: you are not alone. You can call the European Helpline for Children and Adolescents 116111, operated in Greece by “The Smile of the Child”. Calls to the Helpline are free from landline and mobile telephones.





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