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Reference Source
"Powered by Me"
by Dr. Neha Sangwan

Healing

Emotional Burnout

Recognize, manage, and leverage emotions to enhance overall well-being and resilience. This module focuses on understanding emotional numbing, managing emotional triggers, and integrating joy and nature for emotional balance.

Build Emotional Vocabulary

Uncover & Expand Comfort with All Emotions

Channel Emotions Productively

Express & Accept Emotions Constructively

Identify Most Common Emotions

- ✓ All Emotions are
- ✗ All Behaviors are Not

Top 10 Teaching Points

1

Identifying and expressing emotions without judgment provides a profound sense of self-trust and confidence.

2

Author Brené Brown tells us if we “selectively numb emotions” like pain and grief, we also reduce our capacity for feelings like joy and gratitude.

3

Notice when your body reacts to a situation, such as with sweaty palms, rapid breath, or racing heart—those are your emotions speaking up.

4

By leaning into our emotions, we can develop powerful relationships, make quick and effective decisions, and reconnect to the

5

Exhaustion lowers our ability to endure stress, so challenging emotions—like anger and anxiety—rise to the surf

6

ace more frequently.

7

Anything that grounds you in your body in the present moment will help with anxious thoughts or angry reactions.

8

If you’ve ever overreacted to something that seems like no big deal, there might be a biological cause: an amygdala hijack.

9

Forgiveness is about freeing yourself of the burden of resentment and anger.

10

To heal feelings of sadness, find ways to inject little doses of happiness in your day.

KEY

TAKEAWAYS

01 | Recognizing and Processing Emotions

02 | Balancing Emotions and Jo

03 | Responding to Emotional Triggers

04 | Healing Through Forgiveness

05 | Incorporating Joy into Daily Life