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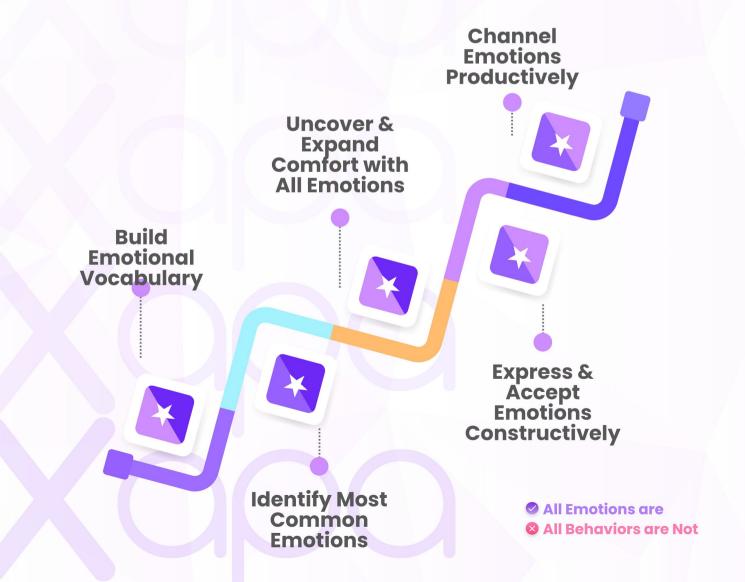




Reference Source "Powered by Me" by Dr. Neha Sangwan

Healing

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.



Top 10 Teaching Points

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

1

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.

6

ace more frequently.

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

2

3

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

Exhaustion lowers our ability to endure stress, so challenging emotions—like anger and anxiety—rise to the surf By leaning into our emotions, we can develop powerful relationships, make quick and effective decisions, and reconnect to the

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

5

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

9

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

TAKEAWAYS

10

Recognizing and Processing Emotions

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Balancing Emotions and

03

Responding to Emotional Triggers 04

Healing Through Forgiveness 05

Incorporating Joy into Daily Life