

REGULATING EMOTIONS



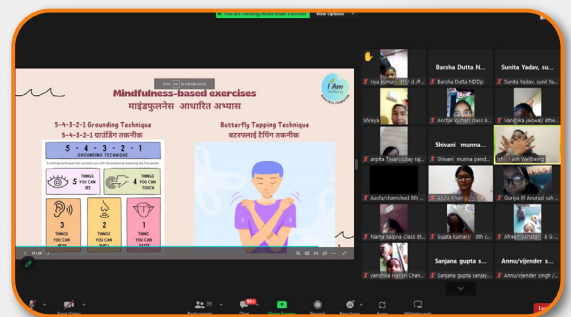
In our lives, we go through a range of emotions. While some are easy to handle, others are particularly challenging. These emotions we experience in our day-to-day lives influence the personality we portray to the world. To help NDDP students understand the significance of each emotion and determine how they can manage them, **IAmWellBeing** conducted its latest life skills session on 'Regulating Emotions' with students from classes 6 to 8.

Here are some anecdotes shared by the students after the session:

"I share my feelings with my friend or sister with whom I feel safe." – Krishna, class 7th

"When I am sad, my sister plays music, and I instantly feel good." – Payal, class 6th

"The body scan activity held in the session felt relaxing for the mind and body. I will keep it as a regular practice from now on." – Navya, class 8th



Simple emotion management methods like body scans, self-soothing touch, and breathing exercises, when included as a regular practice, can help one maintain a healthy mental and physical state. By practicing these methods, the students get a hands-on learning experience of dealing with emotions at a young age, which ultimately helps them create a balanced mental health environment.

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