



# PSYCHOEDUCATION TALK

## EMOTIONAL WELLNESS: THE ART OF UNDERSTANDING EMOTIONS

### Introduction

Our lives are littered with emotions. We know they are important and need to be addressed. Yet we view most emotions as disruptive so we ignore or suppress them. Ironically, they only become stronger.

Identifying our feelings correctly (emotional literacy) and expressing them accordingly (emotional expression) are important skills if we want to regulate our emotions effectively.

This talk provides an understanding on the different levels of emotional skills required for us to navigate our turbulence emotional ride.



60 mins



\$275 / session  
(max 30 pax)



F2F / Synchronous  
Online

### TOPICS

#### 1. Our emotions and our emotional needs

- Our basic emotions
- Why emotions are important

#### 2. Emotional Skills

- Different level of emotional skill

#### 3. Q&A

Psychoeducation Talk aims to provide information & education on key relevant topics in mental health. It is **NOT** an intervention programme and in **NO WAY** replaces the therapeutic psychoeducation efforts done by mental health professionals. This series aim to create awareness in relation to achieving mental wellbeing.