



EMOTIONAL BALANCE AND MENTAL HEALTH

<p>Introduction</p>	<p>Perceiving emotion, being able to identify it and learning better ways of dealing with it is an essential process for the emotional health of children, young people and adults.</p> <p>Emotional health is directly related to mental health, since better dealing with emotions is an important resource to face life's challenges of life.</p> <p>It is important to know:</p> <ul style="list-style-type: none"> - Emotions can be pleasant or unpleasant, but there are no emotions negative or positive emotions. All emotions are necessary and important for emotional health and all have positive and negative aspects. It is therefore necessary that adults and children understand that the problem is not what we feel, but what we do with what we feel. Recognizing your emotions, even the unpleasant ones, helps you understand how to manage them better. - Knowing how to better deal with emotions involves expanding the repertoire of behaviors, that is, having different ways of reacting to the same emotion, depending on the circumstances.
<p>Objective / teachers' goal</p>	<ul style="list-style-type: none"> ▪ Guiding students to recognize their emotions and accept them without labelling what they feel as good or bad; ▪ Giving students tools to deal with their emotions as a way to reach a better and happier living.
<p>Relation to competence framework INTRODUCTION TO THE VITALITY COMPETENCE FRAMEWORK copy (vitalityforthefuture.eu)</p>	<p>Competence in analysing health needs Understanding mental health Communication</p>
<p>Dimensions (check the dimensions and related aspects below) <input type="checkbox"/> Bodily functions <input type="checkbox"/> Mental wellbeing <input type="checkbox"/> Meaningfulness <input checked="" type="checkbox"/> Quality of life <input type="checkbox"/> Participation <input type="checkbox"/> Daily functioning</p>	
<p>Materials</p>	<p>Film "Inside out" Printed images of the 5 character-emotions of the film (disgust, fear, joy, sadness, anger) Paper & pens</p>
<p>Approach</p>	<p>The animation deals with the various challenges in the process of growing up a little girl, Riley. The family has to move to another town when the father gets a new job. Like all of us, Riley is driven by her emotions - Joy, Fear, Anger, Disgust and Sadness,</p>





	<p>the so-called primary emotions, innate in all people. The emotions live in the control centre inside Riley's mind and come into in conflict about which is the best way to deal with the several situations that Riley faces.</p> <p>Although it is an animation, at first, aimed at children, "Inside out" brings valuable lessons about the emotional dimension for adults, who will be able to better understand how each emotion affects our state and our behaviour, and can be a resource that helps us deal with life's challenges or hinder us when we can't manage them well.</p> <p>Activity steps:</p> <ol style="list-style-type: none">1) In a round of conversation, ask students what they understand by emotion. Ask them to give examples of situations that have generated an intense emotion.2) Watch the animation film "Inside out" with the students, proposing that they observe when emotions helped the character and when they hindered.3) After watching the film, hold a conversation so that the students can talk about each of the emotions. You can print the image that represents each emotion in the animation.<ul style="list-style-type: none">▪ Ask them to explain when they think we feel that emotion (the most common triggers for that emotion).▪ Ask if the emotion is pleasant or unpleasant. What sensations do they feel in their body?▪ When can that emotion help, when can it hinder?▪ Propose that they share what they do to deal with that emotion.▪ A panel can be made with the strategies that can help them better deal with the emotion.4) Ask the students to share their feelings and opinions on the workshop.
Type of activity (workshop, assignment, quiz, debate, presentation, etc.)	Workshop + Self-reflection/assessment
Duration	3 hours
Final goal (learning outcome)	Accept emotions and deal with them in a healthy way





Dimension/Aspects							
Bodily functions	Feeling healthy	Fitness	Complaints and pain	Sleep	Food	Condition	Exercise
Mental well-being	Remember	Concentrate	Communicating	Being cheerful	Accepting yourself	Dealing with change	Sense of control
Quality of life	Enjoy	Being happy	Balance	Feeling safe	How you live	Get by with your money	Feeling comfortable with yourself
Social participation	Social contact	Be taken seriously	Doing fun things together	Belonging	Doing meaningful things together	Support from others	Interest in society
Daily functioning	Taking care of yourself	Knowing your limits	Knowledge of health	Dealing with time	Dealing with money	Being able to work	Being able to ask for help
Meaningfulness	Meaningful life	Zest of life	Wanting to achieve deals	Have confidence	Accept	Gratitude	Keep learning

