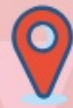


# Workshop on Emotion Regulation for Healthy Living



## Venue

NIMHANS Centre for Well Being,  
1/B, 9th Main, 1st stage, 1st phase,  
BTM layout, Bengaluru-560076

12 September  
2019  
10 am - 4pm



### Objective of the workshop:

The objective of the workshop is to help you use emotions effectively, by learning skills to develop awareness, acceptance and understanding of emotions and adaptive strategies to regulate them.

*Emotions are an integral part of human life. Positive emotions such as joy, hope and negative such as fear, anger are essential to surviving and thriving in this world. Emotions are critical in helping us to be productive members of a society, family, romantic relationship, classroom, or an office.*

*Emotions deepen our sense of experience and make them meaningful. However, emotions can cause a lot of distress when not regulated appropriately. Lack of awareness, understanding and acceptance of emotions can lead to various psychological problems and difficulties in many areas of life.*

*In order to achieve a balanced emotional life, one needs to be aware of emotions, accept and understand them to regulate according to the situational demands.*

### Registration details:

Fee: Rs. 500/- (per person)

Contact:

Ms Padmavathy/Ms Deepa  
NIMHANS Centre for Well  
Being,

Telephone: (080)

26685948, 9480829670 (M)

Email: [nimhans.wellbeing@gmail.com](mailto:nimhans.wellbeing@gmail.com)

### Who can participate?

Those who want to deal with their own emotions effectively and enhance life skills and those who want to help others to handle emotions.

NUMBER OF SEATS IS LIMITED TO 30  
REGISTRATION IS ON FIRST COME FIRST  
SERVE BASIS