Health and Wellness Series: Emotional Wellness

Feelings are often, mistakenly, defined as “good” or “bad” or “negative” or “positive.” However, to characterize some feelings as “bad” can lead people to discount, ignore, or minimize certain feelings, such as anger or hopelessness. When this happens, those feelings could grow and show themselves in self-defeating ways. It is, therefore, important to recognize feelings and develop healthy ways of expressing and resolving them, especially those that you consistently experience.

This workshop will focus on helping attendees become more mindful of their feelings and the realization that feelings can find expression in self-defeating ways. Healthy forms of emotional expression, such as communication, will be discussed in this workshop with the goal of helping attendees recognize feelings and develop healthier means of expression and/or resolution.