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Emotional Workshop

Self-Discovery: Understanding and Managing Emotions

Objectives:

- To develop self-awareness by identifying and understanding one's emotions and thoughts.
- To introduce strategies for managing negative thoughts and stress.
- To encourage self-reflection and self-management in daily situations.

Key Components:

- Emotions Identification and Understanding
- Thoughts Analysis
- Stress Management Strategies

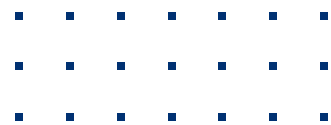
Duration:

45 minutes



Workshop: Self-Discovery: Understanding and Managing Emotions

Workshop Overview



Welcome, everyone, to our workshop titled **‘Self-Discovery: Understanding and Managing Emotions’**. This emotional workshop is designed to guide you through a process of self-discovery and personal growth. We will embark on a journey to explore our emotions, thoughts, and behaviors, and think about effective strategies for managing stress. The workshop is divided into **4 distinct phases**, each with activities to foster self-reflection and emotional regulation. The aim is to help you develop **self-awareness** and reflect on how you can **improve your emotional well-being and self-management**.

1. **Introduction (5 minutes):** we will give you a brief introduction to the workshop's objectives, phases, and tools.
2. **Emotions Understanding (15 minutes):** we will create a visual representation of our emotions and how they relate to our thoughts and actions.
3. **Stress Management and Thoughts Analysis (15 minutes):** we will analyze our negative thought patterns and develop strategies for re-framing them.
4. **Sharing Activity and Conclusions (10 minutes):** we will share with each others what we have analysed and learned during the previous activities. Then, we will share our reflections and insights gained from the workshop.

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Self-Discovery: Understanding and Managing Emotions

Emotions Understanding

First of all, let's analyse and understand our emotions by using post-its. Through this exercise we will try to visualize the **connections between our emotions, thoughts, and behaviors**.

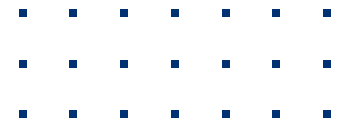
We will work in small groups of around 4 persons each. Think about a recent situation where you experienced a strong emotion, whether it was stress, joy, frustration, or anger. Your goal is to connect these emotions to the specific thoughts and behaviors they generate.

Choose **one central emotion** that resonates with your group, such as 'Stress,' and write it in the center. If you prefer, you can choose from the list of emotions that we provide you.



Workshop:

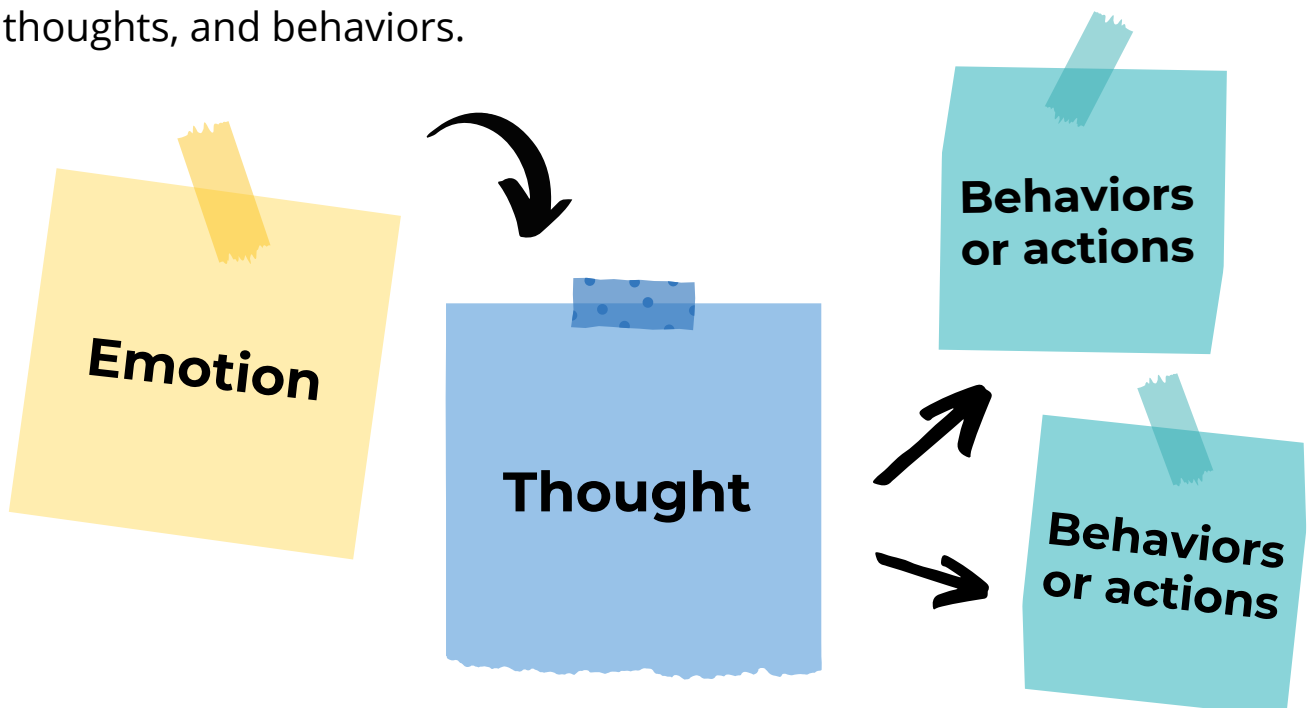
Self-Discovery: Understanding and Managing Emotions



Emotions Understanding

Next, brainstorm and create more post-its containing some **specific thoughts associated with that emotion**. For example, if your central emotion is 'Stress,' some thoughts associated with it could be: 'I can't handle this'; or, 'I need to do better.' Then, for each thought, create additional post-its containing the **behaviors or actions that usually result from these thoughts**, such as 'Procrastination' (for "I can't handle this), or 'Increased effort' (for "I need to do better"). Feel free to explore both positive and negative emotions. Take the example provided as a model.

After completing your analysis, take a moment to **discuss your findings within your group**. For instance, you could identify some surprising patterns about the connections between your emotions, thoughts, and behaviors.



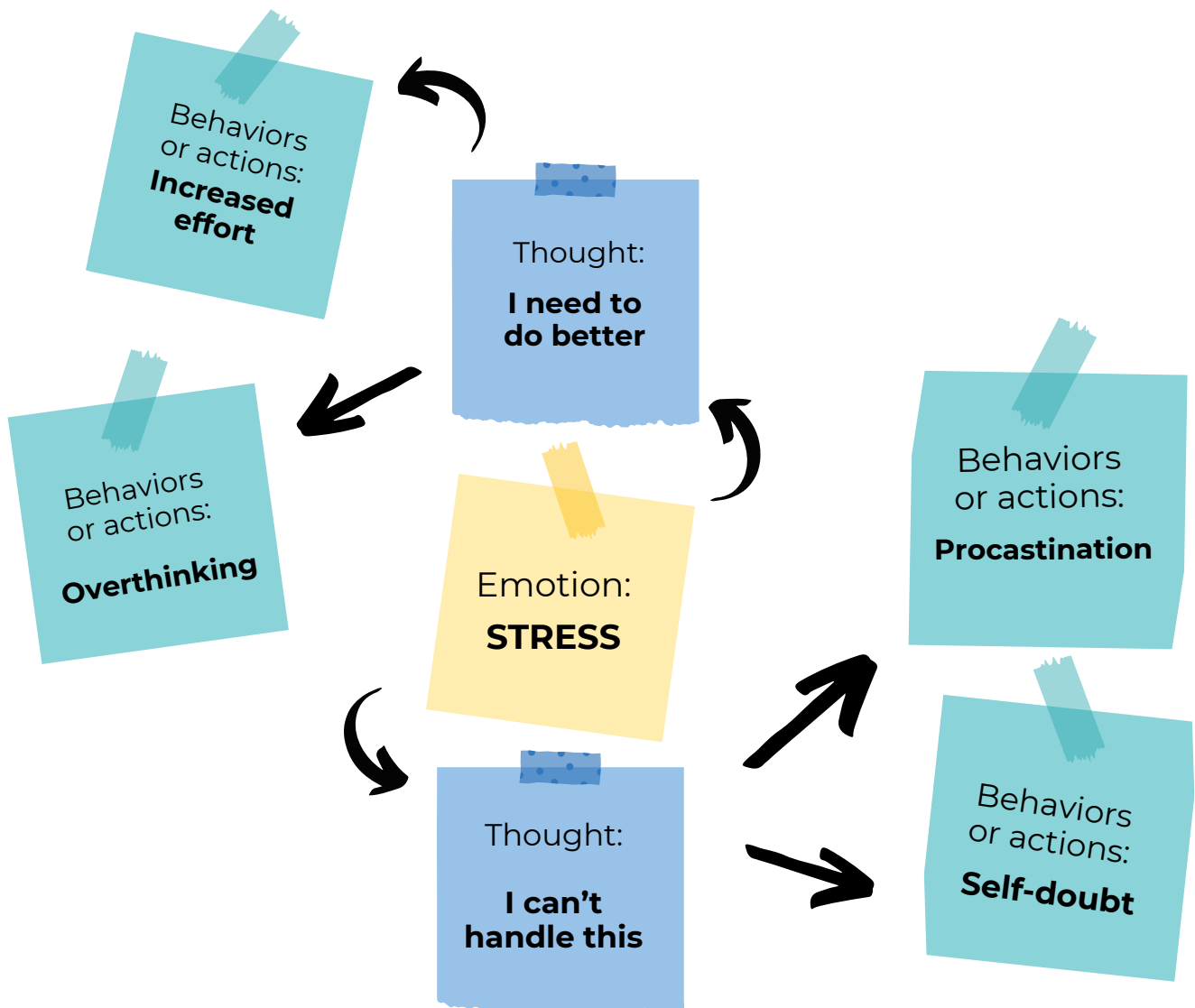


Emotions Understanding

Here is a list of possible emotions you can choose from:

Stress; Anxiety; Frustration; Anger; Sadness; Fear; Guilt; Excitement; Overwhelm; Disappointment; Hope; Confusion; Relief; Gratitude; Loneliness; Resentment; Curiosity; Shame; Motivation; Surprise; Insecurity; etc.

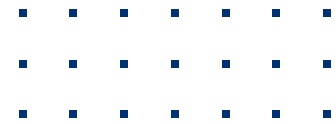
Example of Emotions Understanding Activity with post-its:



Workshop:

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Stress Management and Thoughts Analysis

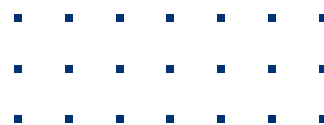


In this phase, we will focus on **analyzing negative thought patterns** and developing **strategies for managing stress through thought re-framing techniques**.

Firstly, let's explore the concept of **"thought re-framing"**: it involves changing our perspective on a situation to help manage stress more effectively. **By identifying and re-framing negative thoughts, we can create a more balanced view of our challenges.**

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Stress Management and Thoughts Analysis

Keeping the same small groups, let's use post-its again to identify and analyse the following:

- **Negative Thought:** choose a “negative thought” from the ones you identified during the previous exercise about understanding emotions, and write it down on a post-it. For instance, you might choose the thought: ‘I can’t handle this’.
- **Triggers:** now think about the possible situation that triggers that negative thought. In this case, a trigger can be a ‘tight deadline’.
- **Stress Responses:** then, try to describe how you typically respond to this negative thought. For example, you could include post-its like: ‘Anxiety’, or ‘Withdrawal’. Discuss within your group to gather different insights about common triggers.
- **Re-framed Thoughts/Strategies:** finally, write down some more post-its of alternative, more positive thoughts you could adopt, such as ‘I can take it one step at a time.’ You can also include practical stress-management strategies that could help, such as ‘Break tasks into smaller steps.’

Once you’ve finished your post-it analysis, discuss your re-framed thoughts and stress-management strategies within your group. This is a great opportunity to learn from each other and identify common themes and effective strategies that emerged during your discussions.



Stress Management and Thoughts Analysis

**Choose a Negative Thought
from the previous exercise:**

Thought:

**I can't
handle this**

**Think about the
possible situations
that trigger the
negative thought:**

Trigger:
**Tight
deadlines**

Trigger:
**Unexpected
Personal
Challenges**

Trigger:
**Overwhelming
Responsibilities**

**Write the typical
response you have to
the negative thought**

Response:
Anxiety

Response:
Withdrawal

Response:
**Frustration
or Irritation**

**Propose alternative,
re-framed thoughts
and stress
management
strategies**

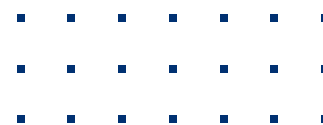
Re-framed
Thought:
**I can take it
one step at
a time**

Re-framed
Thought:
**Take a
deep
breath**

Strategy:
**Break
tasks into
smaller
steps**

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Sharing Activity and Conclusions

In the final phase of our workshop, we'll come together as a large group to **share key insights** and **discuss about what we have discovered during the session**.

Each group will briefly **summarize their main findings from the second group activity** (Stress Management and Thoughts Analysis), focusing on the analysis of negative thoughts, triggers and responses identified, and **sharing the thought re-framing and stress management strategies explored or proposed**. We will reflect on how understanding these patterns has helped clarify how emotions influence our actions, and how re-framing negative thoughts can offer new ways of managing stress. By the end, we should feel more aware of our emotional patterns and equipped with some strategies for managing stress through thought re-framing.

In the remaining time, we'll open the floor for any **final reflections, questions, or takeaways** that you'd like to apply in your everyday life. This workshop marks the start of a deeper journey into self-discovery and emotional management.





Workshop:

Self-Discovery: Understanding and Managing Emotions

Instructions for Teachers

Objective: This workshop aims to guide adult learners through a process of self-discovery, helping them understand their emotions, identify negative thought patterns, and think about strategies for stress management. The goal is to foster self-awareness and emotional regulation, equipping participants with tools to re-frame negative thoughts and manage stress more effectively.

Duration: 45 minutes

Materials Needed:

- Post-its of different colors
- Markers/pens
- Whiteboards or, alternatively, wallspace for posting notes
- Projector and screen
- Personal laptops, if using digital tools ([MindMup](#) for the 'Emotions Understanding' activity; [Miro](#) for the 'Stress management and Thoughts Analysis' activity)
- Provided printed sheets with prompts/ examples for guidance



Workshop:

Self-Discovery: Understanding and Managing Emotions

Workshop step by step

Step 1. Introduction (5 minutes)

Welcome participants warmly and introduce yourself, creating a friendly and open atmosphere. Begin by explaining the objectives of the workshop: to explore emotions, thoughts, and behaviors, and develop strategies for managing stress. Outline the different phases of the workshop: Emotions Understanding, Stress Management and Thoughts Analysis, and the conclusive Sharing Activity. Give a brief overview of the tools participants will use, whether they'll be working with post-its or digital platforms like MindMup and Miro.

Step 2. Emotions Understanding (15 minutes)

Divide the participants into small groups of around 4 people each. You can allow them to form groups themselves, or assign them randomly. Explain the activity: each group will choose one emotion (they can choose from the provided list), and use post-its to map out both positive and negative thoughts associated with that emotion. For each thought, they will identify behaviors or actions that result from it. Provide a choice of format: groups can work with physical post-its, or digitally using the mind-mapping tool "MindMup". Walk around and provide guidance, ensuring participants understand how to visualize connections between emotions, thoughts, and behaviors. Remind groups to discuss their findings and note any surprising patterns.



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Step 3. Stress Management and Thoughts Analysis (15 minutes)

Have the same groups work together on negative thought analysis. They should choose one negative thought identified in the previous phase and break it down into triggers, responses, and strategies for re-framing that thought. Again, provide a choice of format: participants can use post-its or work in an online environment like Miro. Encourage them to explore stress-management strategies and re-frame the negative thoughts into positive ones. Move around the room to facilitate discussions and answer questions.

Step 7. Sharing Activity and Conclusions (10 minutes)

Bring the entire group back together to share their insights. Each small group will briefly summarize the negative thought they analyzed, the triggers and responses they identified, and the re-framed thoughts and/or stress-management strategies they proposed.

Encourage participants to reflect on what they have learned from other groups. Ask questions to help them think about how they can apply these strategies to their own lives. Use this time to highlight key takeaways, focusing on the importance of self-awareness and practical ways to manage emotions and stress through thought re-framing.



Workshop:

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Tips for teachers:

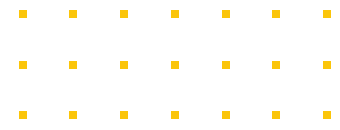
- Set the tone: establish a warm, non-judgmental environment where participants feel comfortable sharing personal experiences.
- Time management: keep each phase on track to ensure the workshop runs smoothly within the 45-minute time-frame. Use a timer if necessary.
- Adaptability: be flexible depending on the group's dynamics. If participants prefer digital tools, ensure links to MindMup and Miro are easily accessible, but also have post-its and pens on hand for those who prefer a tactile approach.
- Encourage participation: engage quieter participants by directly inviting them to share their thoughts or insights during the sharing activity.
- Summarize key points: after the final sharing session, briefly summarize the main themes and strategies discussed, ensuring participants leave with clear takeaways.

Follow-Up Activity at Home:

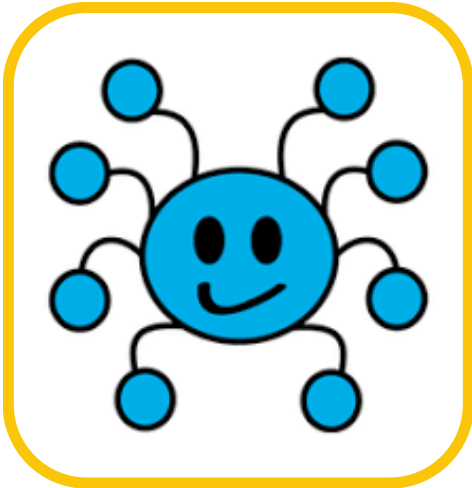
Encourage participants to continue their self-reflection and emotional management by keeping a thought journal. They should:

- Write down situations where they experience strong emotions, the thoughts that arise, and the actions they take.
- Try to identify patterns and use the thought re-framing techniques learned in the workshop to manage stress in future situations.
- Reflect on any changes in their emotional responses and self-management over time.

TOOLS



MindMup



MindMup is an easy-to-use online mind-mapping tool that allows users to visually organize their thoughts and ideas. It enables collaborative brainstorming, idea structuring, and note-taking by creating dynamic, interactive maps. Users can quickly create, edit, and share mind maps, making it ideal for personal reflection or group projects.

www.mindmup.com

Miro

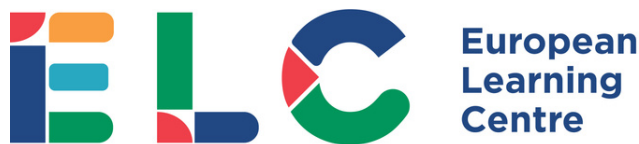
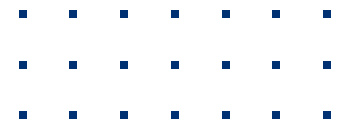


Miro is a collaborative online whiteboard platform that allows users to create, share, and organize visual content in real-time. It's designed for brainstorming, mind mapping, and team collaboration, making it ideal for interactive workshops and group projects. With a range of templates and tools, Miro supports creativity and seamless remote teamwork.

www.miro.com



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