EMOTION AND BODY WELLNESS

Bethesda

This series is being offered by Bethesda's Adult Clinical Services for individuals eligible for Developmental Services.

Emotion & Body Wellness:
An Introduction to Self-Regulation

Throughout the next four weeks we will help and guide you to explore and figure out your unique body-emotion-action connection by developing interoceptive awareness! Interoceptive awareness is the ability to notice body signals and the ability to connect the body signals to an emotion.

UNDERSTANDING OUR SENSES:

Our sensory systems help us understand and interact with our environment. Sometimes the way we take in sensory information goes smoothly and sometimes it may be a challenge. But why? Join our Occupational Therapist as she introduces our 8 senses and their importance in everyday activities.

RECOGNIZING BODY SENSATIONS:

Do you have a hard time identifying your emotions or how you feel? What about recognizing signs of distress? Interoceptive awareness is the ability to recognize what is happening inside of your body and connecting this feeling to an emotion. You will learn everyday strategies to increase your body-emotion awareness.

EMOTION REGULATION:

Feeling uncomfortable emotions can be distressing, and identifying and communicating how we feel can be even more difficult. Join us as we discuss how to begin to identify our emotions, and what we can do to manage our emotions as they arise.

WHAT IS ANGER:

Anger is a normal emotion to experience, everyone gets angry sometimes, but anger can also be a problem if it is not expressed in the right way. Join us in learning more about how to recognize signs of anger and our triggers. We will also talk about emotions other than anger, and how to better communicate our big emotions.

CAPACITY: 15 individuals

WHEN: Thursdays
11:00am - 12:00pm

GROUP 1: February 3 - 24
GROUP 2: March 3 - 24

REGISTRATION IS REQUIRED

Please indicate Group 1 or Group 2 when registering.

To register please contact Yvonne at: yglowacki@bethesdaservices.com

or by calling 1.800.789.1773 ext. 426 and leaving your name and phone number.