



Grip on Your Emotions

Get a Grip on Your Emotions

Do your emotions sometimes take over? One moment you feel calm and relaxed, and the next, you're overwhelmed by intense emotions like anger, despair, sadness, or frustration.

Whether you express these feelings outwardly or keep them bottled up inside, learning to manage your emotions can make a big difference.

If this sounds familiar, the *Grip on Your Emotions* training might be just what you need.

What You'll Learn

In this training, you'll:

- Learn to recognize the signals that precede strong emotions.
- Observe and describe your feelings, thoughts, and behaviors using a structured approach called the pan model (which will be explained during the course).
- Practice techniques and skills to help you manage rising emotions effectively.
- Create your own personalized Emotion Management Plan to use in daily life.

Why Join?

This course is designed to help you gain better control over your emotions and respond to challenging situations in a healthier way.

Meetings:	once a week
Meeting duration:	2 hours
Number of meetings:	6
Materials:	You will receive a workbook.

Ready to Take the First Step?

Speak with your practitioner to discuss whether this training is right for you. For more information, please don't hesitate to contact trainingen@ggze.nl.

Grip on Your Emotions is a product of GGzE



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