

Emotion and Body Wellness



An introduction to self-regulation

Throughout 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 us as we discuss 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.

Group 1

Wednesdays

February 1 - February 22

1:00pm - 2:00pm

Group 2

Mondays

March 6 - March 27

4:00pm - 5:00pm

To register:

Please email Kailey Cheropita at kcheropita@bethesdaservices.com

Registration email should include the group name (and number) that you would like to register for and your contact information, including name, email and phone number.