LESSON 1 UNDERSTANDING EMOTIONS

Emotions seem to rule our daily lives

We make decisions based on whether we are happy, angry, sad, bored, or frustrated. We choose activities and hobbies based on the emotions they incite.

What Exactly Is an Emotion?

An emotion is a complex psychological state that involves **3** distinct components:

- The subjective experience
- The physiological response
- The behavioral or expressive response

BASIC EMOTIONS

- FEAR
- DISGUST
- ANGER
- SURPRISE
- HAPPINESS
- SADNESS



https://www.youtube.com/watch?v=rCAwXb9n7EY

"THE SHOW MUST GO ON"

Song: https://www.youtube.com/watch?v=uKLMYZlbIb8

LESSON 2 ACKNOWLEDGEMENTRECOGNITION OF EMOTIONS

How to read other's emotions

- Translating Verbal Cues
- Translating Nonverbal Cues

Translating Verbal Cues

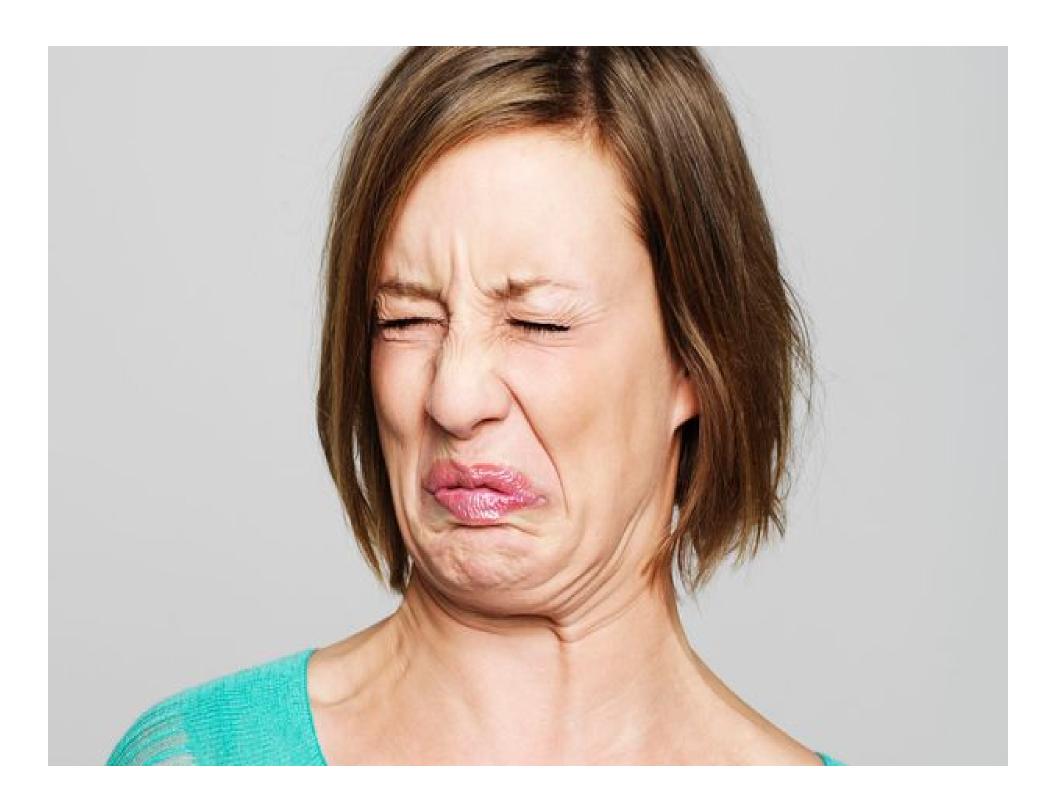
- Understand that words don't tell everything
- Listen for tone of voice
- Pay attention to the person's pitch
- Ascribe meaning to pauses that occur during speech

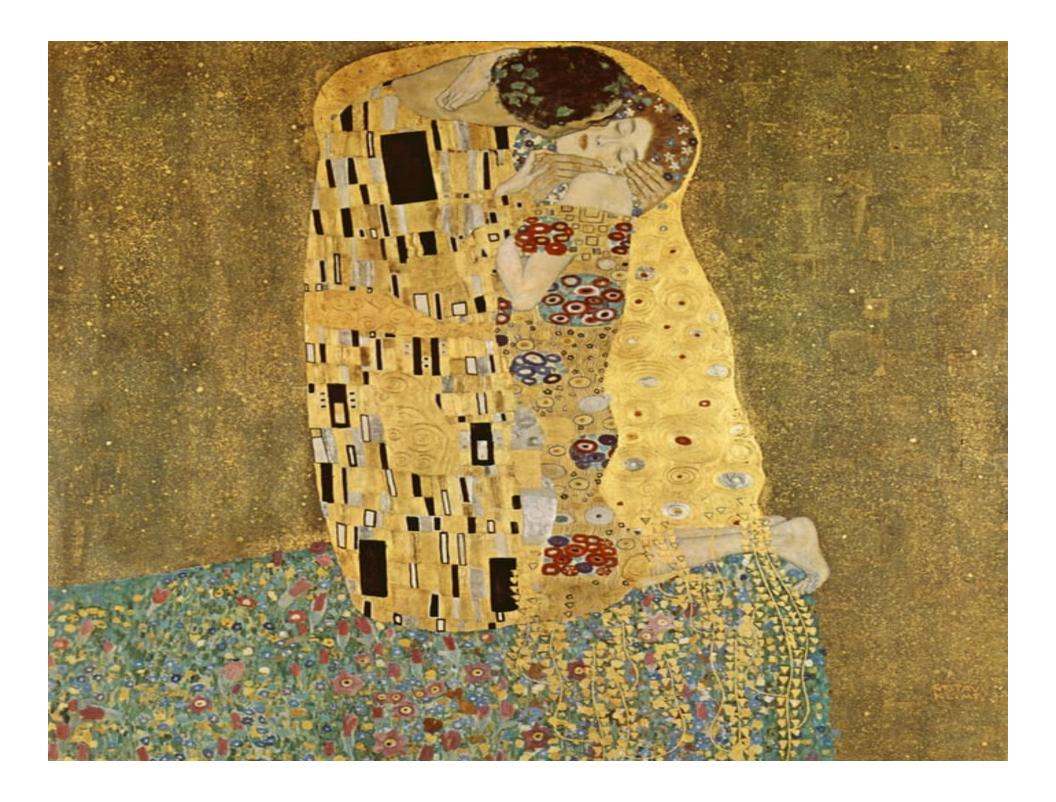
Translating Nonverbal Cues

- Look at the facial expressions
- Survey the person's body language
- Determine what the eyes are projecting

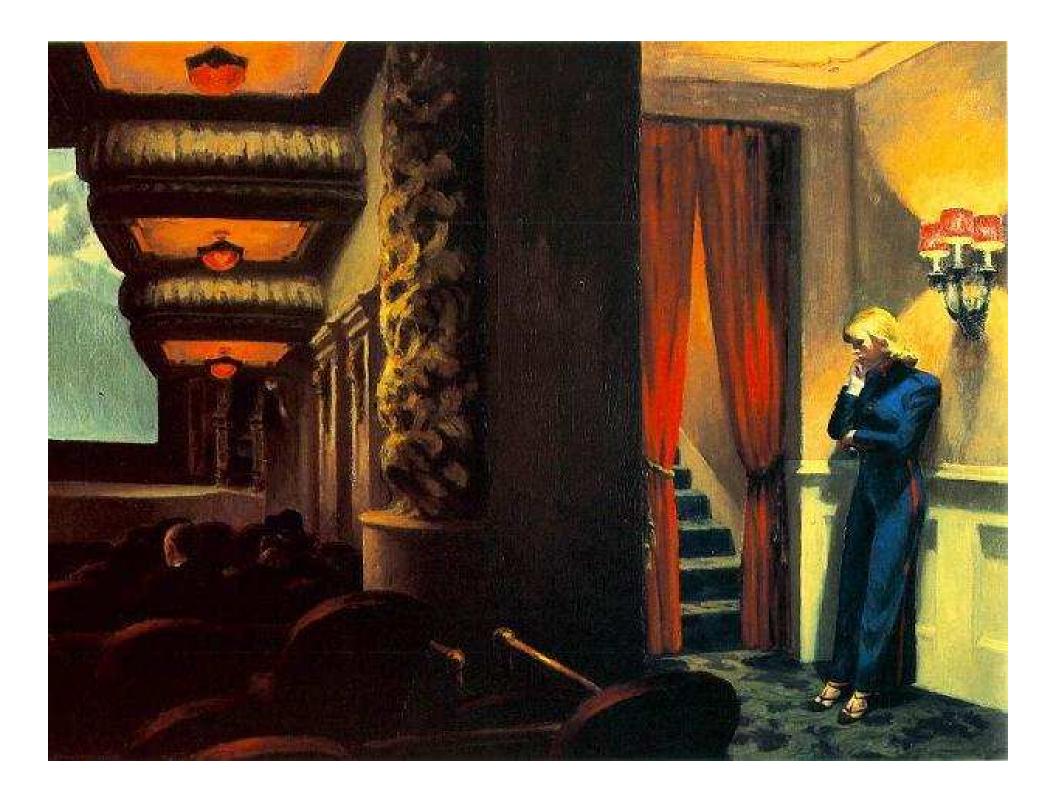




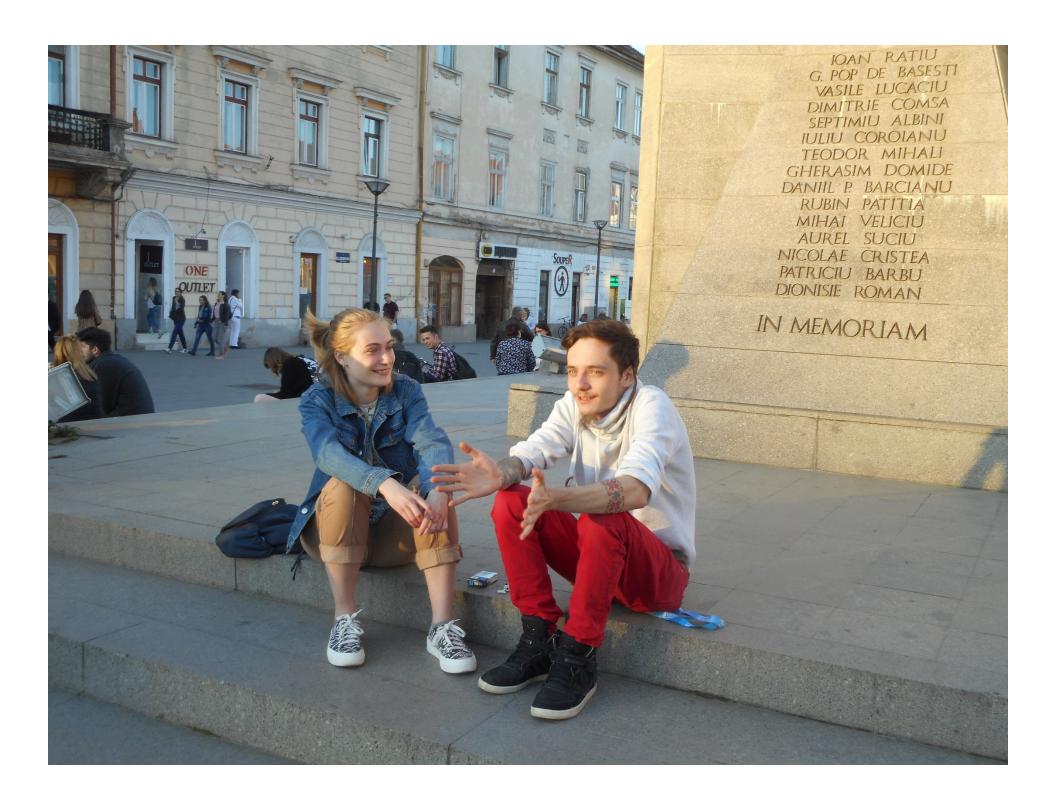




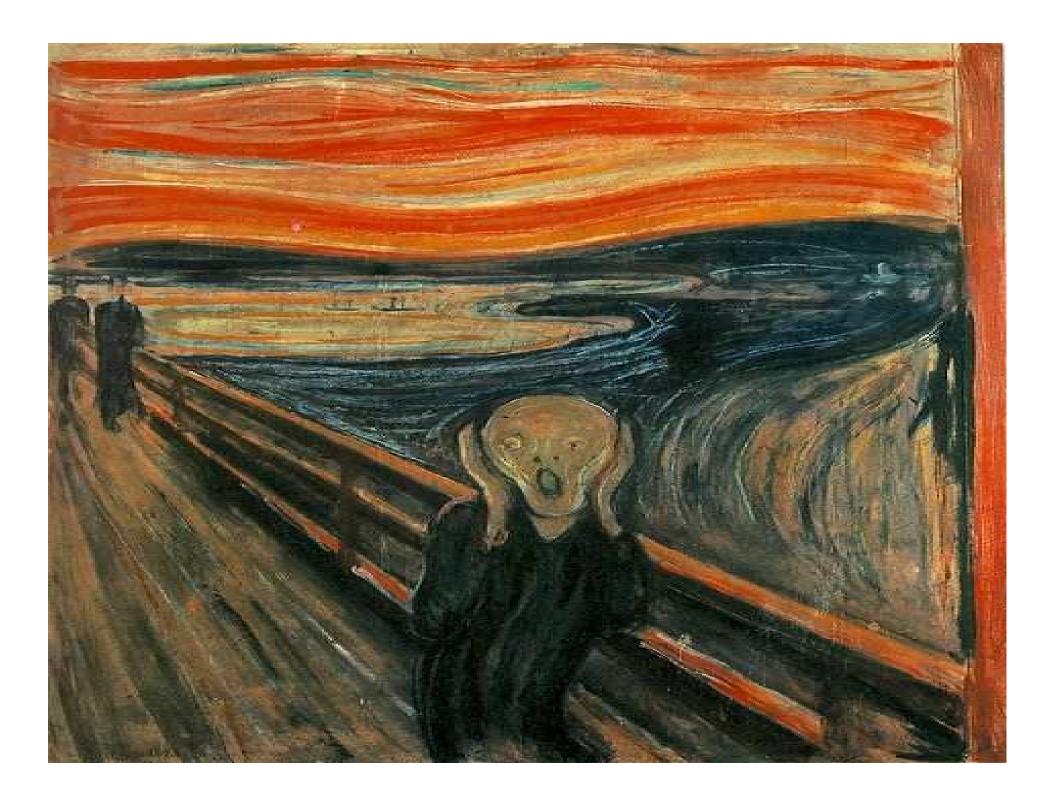


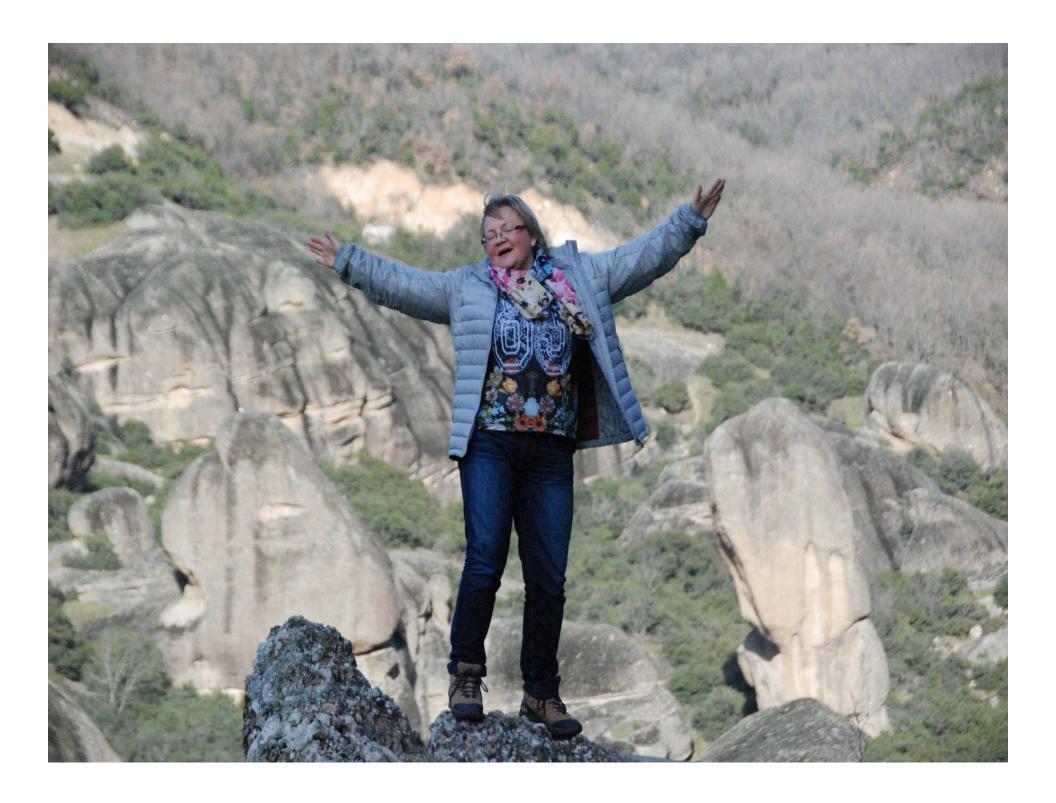




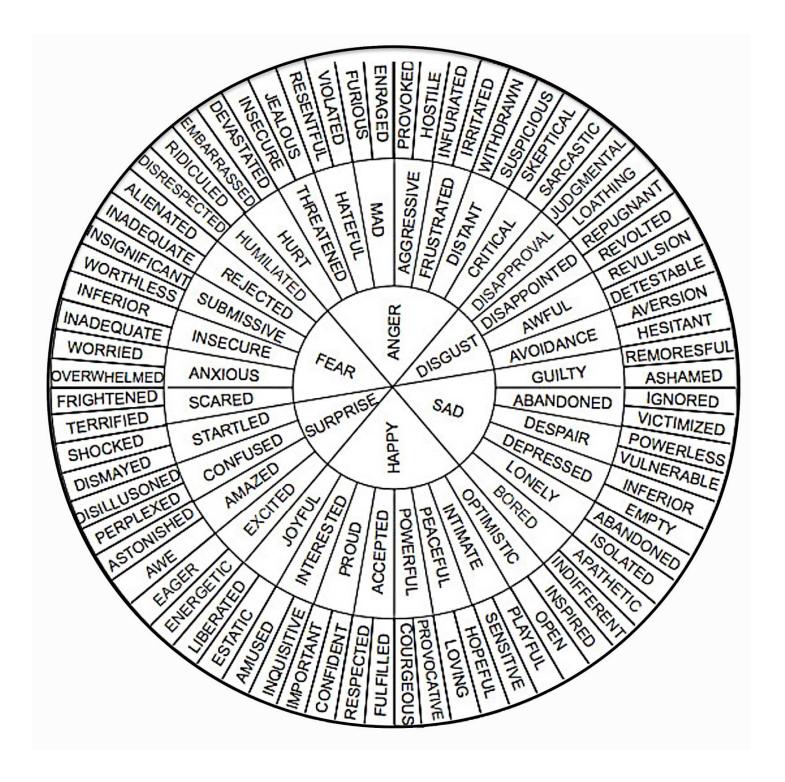












Lyrics

• "The Denial" (Georgios Seferis)

With what a heart, with what a breath, what desires and what passion we lived our life; mistake! and we changed life.

• "The Plural Number" (Kiki Dimoula)

Fear: substantive, singular to start with plural afterward: fears. Fears of everything from now on.

"The Moonlight Sonata"

(Giannis Ritsos)

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I know that each one of us travels to love alone, alone to faith and to death. I know it. I've tried it. It doesn't help. Let me come with you.

Coral and pearls and sapphires;
only I don't know how to give them – no,
I do give them;
only I don't know if they can take them –
but still, I give them.
Let me come with you.

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LESSON 3 EMOTIONAL ACCEPTANCE-TRY TO COPE WITH EMOTIONS AND STRESS

The gift and power of emotional courage

https://www.ted.com/talks/susan david the gift and power of emotional courage?utm campaign=tedspread&utm conte nt=talk&utm medium=referral&utm source=tedcomshare&utm term=social-science

TEENS AND STRESS

What is stress?

Stress is what you feel when you react to pressure. This pressure can come from:

- The outside world (school, work, after-school activities, family, or friends)
- **Inside yourself** (like when you want to do well in school, or want to fit in)

Is stress always bad?

Stress is **not always bad**

- Most of us need to feel the pressure of wanting to do well
- •This is how we push ourselves, whether it's in sports, music, dance, work, or school
- •Also, many of us need the stress caused by a **deadline**. Without it, we wouldn't be able to finish projects or get to work or school on time

Take this quiz to better understand your stress

http://www.mentalhealthamerica.net/stressscreener

Try some of these tips to cope with your stress

- Identify the source of your emotional stress
- Accept what you cannot change
- Practice mindfulness
- Identify a support system
- Exercise regularly
- Solve smaller problems
- Eat a well-balanced diet
- Participate in things you enjoy
- Change your environment
- Keep a stress journal
- Engage in meditation or prayer

The island

https://www.youtube.com/watch?v=giJ4G1ZURSw

(Manos Hatzidakis)

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