

# 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=uKLMYZIbIb8>

# **LESSON 2**

## **ACKNOWLEDGEMENT- RECOGNITION 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



























IOAN RATIU  
G. POP DE BASESTI  
VASILE IUCACIU  
DIMITRJE COMSA  
SEPTIMIU ALBINI  
IULIU COROIANU  
TEODOR MIHALI  
GHERASIM DOMIDE  
DANIIL P. BARCIANU  
RUBIN PATITIA  
MIHAI VELICIU  
AUREL SUCIU  
NICOLAE CRISTEA  
PATRICIU BARBU  
DIONISIE ROMAN

IN MEMORIAM



















# 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)

.....

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.

.....

# 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)

[https://www.ted.com/talks/susan\\_david\\_the\\_gift\\_and\\_power\\_of\\_emotional\\_courage?utm\\_campaign=tedsread&utm\\_content=talk&utm\\_medium=referral&utm\\_source=tedcomshare&utm\\_term=social-science](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage?utm_campaign=tedsread&utm_content=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/stress-  
screener](http://www.mentalhealthamerica.net/stress-screener)

# 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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