



FEELING FANTASTIC

Adolescence is considered a time of emotional turbulence. This is due to certain areas of their brains that are still under construction. Part of the limbic system, the Amygdala is thought to connect sensory information to emotional responses. It's development, along with hormonal changes, may give rise to newly intense experiences of rage, fear, aggression and such. As a result of these changes teenagers can feel like they're on an emotional roller coaster ride without knowing why.

This new course, written by Ken, aims to help adolescence understand their feelings and emotions, such as anxiety and depression, and learn how to express these emotions in healthy ways as opposed to internalising them. Other emotions such as fear, frustration, anxiety, embarrassment and feelings of depression can be the primary emotion and without this understanding and knowing how to vent these emotions in healthy ways, they can turn volatile.

Sessions are:

- 1. Understanding the feelings behind emotions**
- 2. Acknowledging that all emotions are normal**
- 3. Putting a name to the feelings behind the emotions**
- 4. Managing the thought patterns that can govern the feelings**
- 5. Expressing emotions in healthy ways**
- 6. Graduating with a transformed life**

Let's not forget that the little emotions are the great captain of our lives and we obey them without realizing it.

Vincent Van Gogh