



EMOTION REGULATION SKILLS

8-WEEK VIRTUAL GROUP

Have you experienced a change in your emotions because of a neurologic condition or illness? The Emotion Regulation Skills group (aka EmReg) is an 8-week virtual program to help expand your emotional vocabulary and learn a tool called the emotional cycle. You will learn strategies to better detect, understand, and manage your emotions. The emotional cycle tool takes broad, generalized, emotional experiences (e.g. I am easily overwhelmed and stressed) and breaks them down into moments in time. Focusing on specific situations and moments in time makes it possible to deepen one's understanding of emotions and also understand how emotions are linked with productive and non-productive behaviors.



Enhance Awareness

Learn New Tools

Build Vocabulary

Change Behavior

Regulate Emotions

BWH CENTER FOR BRAIN AND MIND MEDICINE RENEW PROGRAM

**Zoom Group
8 sessions**

For more info please contact:

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