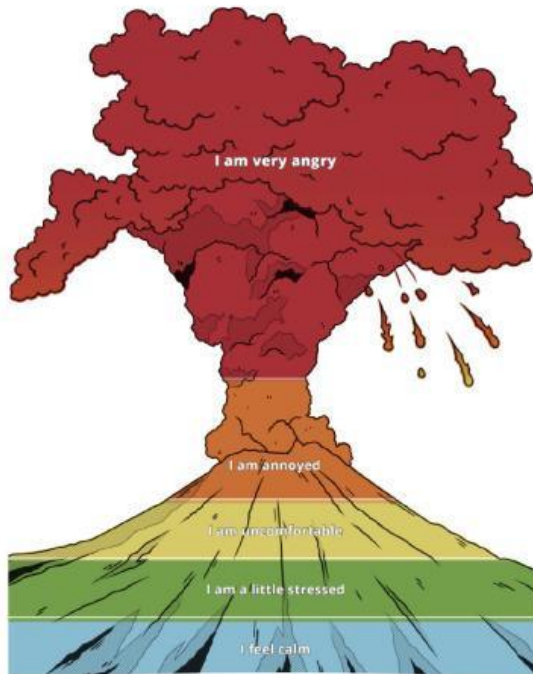


Emotional Wellness

Emotions Volcano



- Read the mini stories and decide where to classify them based on how the people feel.

Carla prepares an important report for her boss. She spends many hours working on it. The next day, her coworker presents the report as his work. He doesn't mention Carla's name. Carla feels extremely angry and betrayed. Her face becomes red and she starts breathing fast.

María wakes up early on Saturday morning. She makes coffee and listens to soft music. She sits by the window and reads a book. The weather is nice and the house is quiet. She feels relaxed and peaceful. She smiles and enjoys the moment.

Ana starts a new job this week. She doesn't know her coworkers very well. During lunch, everyone is talking and laughing. She doesn't know what to say. She feels quiet and a little uncomfortable. She wishes she could feel more confident.

Daniel has a presentation tomorrow. He studies in the afternoon and prepares his notes. He feels a little nervous because he wants to do well. He checks his slides many times. At night, he thinks about the presentation. He feels slightly stressed, but he knows he is prepared.

Luis worked very hard on a group project. He finished his part on time. But one classmate did not do the work. Now the teacher says the whole group has a low grade. Luis feels annoyed and frustrated. He thinks the situation is unfair.

Can you describe a similar moment for each level for you?

• Case Analysis

- Listen attentively to your case and discuss these questions:

1. How is the person feeling?
2. At what level of the Emotional Thermometer is the person?
3. What caused the person to feel this way?
4. Is the cause emotional, social, or psychological?
5. What consequences is the person experiencing?
6. What advice would you give this person?



- Think about different activities, hobbies or actions you can do to take care of yourself. Write down your ideas on the “Self-Care Wheel”.

