

# Balloons of Emotions

The Medall Workshop was held for the teachers of PSBBSS Nungambakkam on 15<sup>th</sup> March 2017 on the topic of emotional regulation by our resource person for the day Ms. Hamsini.

It was a very useful workshop that dealt the dos and don'ts of emotional regulation and we came out with tips on how to maintain a neutral state/ homeostasis with respect to our emotions, a valuable addition to our repertoire, which will help in dealing with varied types of students.

The workshop had many activities such as identifying pairs of emotions, balloon activity (the balloon represents us and the chit inside the balloon representing our emotions that we try to mask/hide), light-house imagery etc. that were enjoyed by all.

It was enlightening to learn why it is detrimental to suppress certain emotions (especially certain negative emotions such as shame, guilt, anxiety) for a long time. Humor and sublimation (converting your turbulent emotions in a productive activity) are healthy defenses. We learned (and could connect to) how it is commonplace for people to project their emotions onto somebody else/show it on the wrong person. Valuable tips such as the acronym ACCEPTS [Activities, Contribute positively, Comparisons to a worse-off self, Opposite emotions, Pushing away and building a wall and using Thoughts and Sensations was given to manage and regulate our emotions] were given to help regulate and manage our emotions.

It was surprising to learn that something as simple as a positive bodily posture maintained for 2 minutes before an examination/event can help us in doing better.

In all, we walked away hopefully wiser, at least with respect to the fact that we need to recognize our emotions and need to react with respect and in a reasonable manner.



## A Motivating Forum



A Medall forum on 'Motivation' was held for the teachers at PSBBSS Nungambakkam on the 20<sup>th</sup> of March 2017. Dr. Sabiha, the resource person for the forum, led the group into a fruitful discussion on staying motivated which is an important trait for anybody in today's world.

The session started off with questions about what motivates a person and many teachers shared their opinions that ranged from self-satisfaction to curiosity and a wide array in between including self-talk. We obtained clarity on the distinction between intrinsic motivation and external factors that motivate a person. The demotivating factors were also discussed as being able to identify those and intervene at the right time becomes important both at home and school.

Making a choice, persistence, passion towards any activity can also sustain our motivation. This short session concluded with reminders to appreciate ourselves, validate self and the poem "Don't Quit" by an anonymous poet that captured and summarized the essence of the session very aptly. This session will hopefully help us stay motivated and motivate the students entrusted in our care.

Susmitha Seshadri , Teacher , PSBB NGM

**Reporter**  
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