



CHRIST
COLLEGE (AUTONOMOUS)
IRINJALAKUDA, KERALA
Reaccredited by NAAC with 'A' grade

COURSE CODE

NAME OF THE COURSE

CVAC016

**MANAGING EMOTIONS IN TIMES OF
UNCERTAINTY & STRESS**

OFFERED BY

English Aided

ABOUT COLLEGE

COURSE COORDINATOR

Mr. Shinto V.P
English Aided

Christ College (Autonomous), Irinjalakuda established in the year 1956 by CMI fathers has always been a place where young generations are moulded towards a bright future. College has excellent infrastructure, with state of the art laboratories, seminar rooms and lecture halls. The campus is Wi-Fi enabled. Presently College is home for 4500+ students, 200 teaching staff and 45 supporting staff. The strength of the College lies in its hardworking and tech savvy teachers who are eager to involve in all matters of students. The lush green campus with gardens and open gym is moving towards the next phase on education both offline and online.

LEARNING OUTCOMES

- Helps to identify and manage emotions
- Recognizes how emotions affect decision making, relationships, health, and performance.

COURSE MODULE

Module I: Identifying Our Emotions

Module II: Managing Emotions

Module III: Application of Strategies for Approaching Emotions

SYLLABUS

MODULE I

Identifying Our Emotions - Essential steps to building emotional intelligence skills - Recognize, understand, and accurately label emotions using the Mood Meter - Manage your emotions - Action strategies" to manage emotions in healthy, productive ways. (10 Hours)

MODULE II

Managing Emotions by Shifting thoughts - Action strategies to support healthy emotion management -Thought strategies - Research-based ways to shift the way you think to shift the way you feel - Incorporate these strategies into daily life. (10 Hours)

MODULE III

Becoming a Culturally Responsive Devotional – Application of strategies for approaching your own and others' emotions in scientific and culturally responsive ways - Potential impact of your own biases on your interactions with others. (10 Hours)

REFERENCE

Master Your Emotions by Thybout Meurisse
Emotion And Relationships by by Sadhguru
Emotional Intelligence by Daniel Goleman
Managing Stress by SCP Panels of Experts