

CERTIFICATE COURSE IN MANAGING EMOTIONS IN TIMES OF UNCERTAINTY & STRESS

SYLLABUS

DEPARTMENT: DEPARTMENT OF ENGLISH (AIDED)

NAME OF COURSE: CERTIFICATE COURSE IN MANAGING EMOTIONS IN TIMES OF
UNCERTAINTY & STRESS

COURSE CODE: CVAC016

TOTAL HOURS: 30

UNIT-I (10 HOURS)

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.

UNIT- II (10 HOURS)

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.

UNIT -III (10 HOURS)

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.

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