

# Working With Emotions: Navigating the Sea Within

Learn about the role of emotions in our lives and skills for working with them.

\*\*\*A CWC psycho-educational group for Augsburg students\*\*\*

Group meets on Zoom, Wednesdays 4:30 - 6:00pm

New 4-week series starting Wednesday April 7 (weekly on 4/7, 4/14, 4/21 and 4/28)

Week 1— Who's driving the bus? Basic intro to states of mind and self-regulation.

Week 2— Name it to Tame it: Understanding and labeling emotions.

Week 3— Skills for increasing emotional resilience, and skills to de-escalate intense emotions.

Week 4— Skills for changing emotions, and when effective to change emotions.

TO JOIN THE GROUP: If you are interested in joining the group or have any questions, please email Josh Kent at [kentjo@augsborg.edu](mailto:kentjo@augsborg.edu) for the Zoom link to the group.

*\*\*\*This is an informational and educational group, based on building skills to recognize and work with emotions in service of being a better pilot of your own life. This is NOT a therapy group, and as such does NOT offer the same levels of confidentiality as other CWC services. Students are encouraged to share examples of practicing these skills in their daily lives, however we ask that these examples do not include topics that might be triggering to other students, or related to the safety of yourself or others.*

*If you are in need of confidential mental health support, please contact our main number at 612-330-1707 to set up an appointment with an individual CWC counselor (you can also email [detloff@augsborg.edu](mailto:detloff@augsborg.edu)). Confidential mental health services can also be accessed 24/7 (or anytime our center is closed) by calling our main number and selecting option one (612-330-1707 - 1) to be connected with our urgent phone counseling line.* \*\*\*

*Center for Wellness & Counseling, Augsburg University*