

# Online Care Leavers Café Session

29-05-2022

## DIY Wellbeing – Introductory Session to Emotional Well-Being



UPCOMING  
SESSION

Date  
29/05/2022

13:30 GMT

**DIY Wellbeing  
Introductory Session to  
Emotional Well-Being**

*Stay tuned for more details!*

**ONLINE  
CARE LEAVERS  
CAFE'**



**Moderator**  
**Karishma Singh**  
**CLAN (India)**  
[careleaverscommunity.org/](http://careleaverscommunity.org/)



## Introduction

Observing the Mental Health Awareness Month, the online Care Leavers café for May focused on the theme of emotional well-being. Every year in May, Mental Health Awareness Month gives a timely reminder to prioritize mental health and support individuals living with mental health issues or deprived of psychosocial support deserve timely intervention and support. The month also highlights the need for general awareness and advocacy about mental health issues in society and how we can break the stigmas built around the issue. Psychosocial support is **essential for maintaining good physical and mental health and provides an important coping mechanism for people during difficult times.**

The care experienced youth (aka Care Leavers') across the globe have highlighted the importance of psychosocial support during and after the transition from aftercare. ***The Declaration on Responding to the transnational needs of Care Leavers amidst COVID-19 & beyond, 2020*** highlighted the importance of psychosocial support for care leavers and proposed their recommendations.

Often, the focus remains on offering financial and practical support, but the emotional needs are not met for the young adults. It is only through taking the time to examine issues from the young person's perspective, without making any presumptions that they might be able to begin to get beyond these barricades. It is vital to constantly connect, support, and create a safe space to articulate and seek support from peers and experts.

### **About the resource person:**

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**DR. SHILPA GUPTA**

Therapist | Founder and Trainer of EmoAid

**Cafe Conversation on  
DIY WELLBEING  
INTRODUCTORY SESSION TO  
EMOTIONAL WELL-BEING**

*Mental Health Awareness Month, 2022*



Dr. Shilpa Gupta is a renowned therapist and emotional well-being trainer with 13+ years of experience imparting parenting training and emotional health management. She is also the Founder and Trainer of the EmoAid program.

Emo-Aid is a program that centres on the philosophy of Making Your Emotional Health a Priority. It is a virtually conducted self-care program that equips participants with the techniques they need to develop a first aid kit for their emotional well-being.

[Read more about the Emo-Aid Platform here](#)

### About the Session:

The session was moderated by Karishma Singh (Care Leaver, India). The session started with a short self-introduction of every participant. After a short introduction, Dr. Shilpa Gupta started the session with a Question about how many emotions each one of us experiences in one day. She shared a chart to make everyone familiar with the different emotions. Emo Aid teaches you how to deal with and interpret these emotions effectively. Some points are discussed in the session these are:

- What are Emotions?
- What is emotional well-being? And why it is important
- How can we control our emotions with a first aid kit exclusively for emotions? Some easy techniques for coping with changing situations and emotions.
- What is emotion how it is important to manage

Mental Health, by definition, refers to cognitive, emotional and behavioral well being  
(Adam Felman, 2020, Medical News Today)

Cognitive      Emotional      Behavioral

Emotional Wellbeing most impa... in the pa...

UDAJAN care

Judith Johnson

Karishma S.

Dr. Shilpa Gupta, EmoAid

Mario Schmid

Dr. Shilpa started the session with a question about how many spectrums of emotions each one of us experiences in daily life or in a single day.

Everyone started to name the emotions that they have felt during the whole day -happy, sad fear, joy, nervousness, disgust, etc. She then continued to explain about emotions and where does it come from.

She explained, that emotions are strong feelings evoked from one's circumstances mood, or relationship with others. Our emotions are used to respond to a significant internal and external situation.

She also shared the processes of thought creation. First, the thought connects to the mind and then becomes our emotions, which then trigger our actions.

## What is emotional well-being?

We face different types of emotions on daily basis. It is the good that brings happiness and a positive impact to us and sometimes it is bad that brings sadness and a negative impact on us. Emotional –well-being helps us to be more productive and effective at work and in our daily activities. Cultivating emotional wellness is essential for finding happiness. People who are emotionally well, are in control. Their thoughts feelings behaviour can cooperate with life's challenges.

## ONLINE CARE LEAVERS CAFE'

29 May, 2022 | Sunday

What Am I Feeling Right Now ?

NAME IT TO TAME IT

DIY WELLBEING  
INTRODUCTORY SESSION TO  
EMOTIONAL WELL-BEING  
#MentalHealthAwarenessMonth



### ***Use an Emo -First Aid kit and some simple easy techniques to control emotions***

In the next phase, she shared how to overcome negative emotions. We face lots of emotions in one day maybe it is good or sometimes it is bad. The young people got a chance to learn how to control their emotions through an *emotional first aid kit* and with some techniques.

Emotional Aid is also just as important as physical Aid. When we get an injury, we have a first aid kit as an immediate remedial kit to heal it. Likewise, when we are suffering from some negative emotions we should use a First Aid kit for emotional well-being.

Dr. Shilpa taught us some easy and simple tricks to cope with different emotions that hinder your day-to-day activities.

First Tip - ***Inverted Triangle breathing*** is used to regulate the negative. In this exercise An individual must breathe in for 5 seconds, hold breath for 5 seconds, and breathe out for 5 seconds. Repeat it at least 15-20 times.

Second trick- First address your emotion and give a rating to your emotion, on a scale of just 1-10. Now tap the area where you feel the pain. After a few seconds continue the breathe in and breathe out exercise. Then rate the emotion out of 10 to compare whether the individual was able to regulate the emotions in a positive direction. If the individual feels that they don't feel relaxed with just the first cycle, then they might repeat the same till they feel relaxed.

The café became a portal for all the young people to connect and revive the importance of understanding and regulating healthy emotions in their life. Many care experienced young people shared emotions that recurred in their life and how it sometimes restricted their day-to-day activities. The comforting facilitation by Dr. Shilpa made it easy for the care leavers to open their hearts and share their concerns.

The café ended with calm hearts and broad smiles. The session was a getaway from all the troubling emotions that clouded them from time to time. The young people expressed that they would practice the simple techniques shared by Dr. Shilpa Gupta to tackle and channelize their emotions towards a brighter and positive side.