

How to Process Difficult Emotions



This course will help you understand how to recognise and process your emotions in constructive ways. In our everyday lives, we experience a range of emotions including difficult ones such as anxiety, frustration, apprehension, anger, fear, inadequacy, sadness, and overwhelm. Emotions can be unsettling and we can find ourselves in downward spirals.

In this course, you'll learn how to calm the nervous system when agitated, meet emotions with grounded presence and compassion, avoid reactive loops, and develop mindful habits that will make emotional turbulence less likely. You will leave the course with a toolkit of techniques to apply when difficult emotions arise so that you experience more equanimity. This helps you to navigate life's ups and downs, supports your well-being, enhances your effectiveness and provides a solid footing for your return to training.

For bookings and more information [visit Maxcourse](#)