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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Emotional Awareness & Wellbeing

Emotions are a natural part of everyday life.

People may experience different emotions when managing:

- caregiving,
- education,
- work,
- relationships,
- and personal responsibilities.

Stress and emotional pressure can affect:

- wellbeing,
- confidence,
- concentration,
- motivation,
- and participation in learning.

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Emotional awareness means:

- recognising emotions,
- understanding emotional reactions,
- and responding in healthy and supportive ways.

Developing emotional regulation strategies can help individuals:

- manage stress,
- strengthen resilience,
- improve self-confidence,
- and support emotional wellbeing.

Healthy coping strategies may include:

- reflection,
- relaxation,
- physical wellbeing,
- supportive communication,
- and self-care practices.

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Everyone experiences emotional challenges differently.
Learning emotional awareness is a gradual and personal process.

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