Bridge4Mothers
PSL Programme — Personal, Social and Learning-to-Learn Competencies

MODULE 1 — Self-Regulation & Emotional Awareness

BRIDGE 4 MOTHERS

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Topics Covered

Self-regulation is built through awareness, practice and support.

1. **Emotions**
   Understanding and naming feelings
2. **Awareness**
   Noticing patterns and needs
3. **Stress**
   Recognising responses and triggers
4. **Resilience**
   Recovering after difficulties
5. **Uncertainty**
   Managing change step by step
6. **Coping**
   Choosing healthy responses
7. **Self-care**
   Protecting energy and balance
8. **Reflection**
   Learning from daily experience

The aim is to help participants recognise emotional signals and respond in ways that protect wellbeing.

Introduction to Emotional Awareness

Emotions are useful signals that help us understand needs, boundaries and reactions.

- Emotions affect attention, behaviour, relationships and decision-making.
- Naming emotions makes them easier to understand and manage.
- Awareness is the first step before choosing a healthy response.
- There are no “wrong” emotions — but some responses are more helpful than others.

Notice • Name • Respond

Understanding Emotions & Stress

How feelings and stress responses influence everyday life.

Emotional signals

1. **Body**
   Tension, tiredness, fast breathing or headaches can signal stress.
2. **Thoughts**
   Worry, self-criticism or racing thoughts can affect focus.
3. **Behaviour**
   Avoidance, impatience or withdrawal may show emotional pressure.
4. **Needs**
   Behind an emotion there is often a need for rest, clarity, support or safety.

Helpful response

Pause

Take a short moment before reacting.

Label

Use simple words: stressed, worried, angry, sad, overwhelmed.

Check

Ask: what do I need and what can I control?

Choose

Select one realistic next action.

Small pauses can prevent big reactions.

Recognising Emotional Triggers

Triggers are situations that make strong reactions more likely.

Common triggers

1. **Time pressure**
   Deadlines, delays or rushing can increase stress.
2. **Conflict**
   Misunderstanding or criticism may feel threatening.
3. **Uncertainty**
   Not knowing what will happen can increase worry.
4. **Overload**
   Too many tasks at once can reduce patience and focus.

Reflection questions

What happened?

Describe the situation without judging yourself.

What did I feel?

Notice emotions and body sensations.

What helped?

Identify actions, people or thoughts that reduced stress.

What next?

Plan one step for a similar situation.

Understanding triggers helps you prepare, not blame yourself.

Managing Stress & Uncertainty

When life feels uncertain, focus on small actions that are realistic and within your control.

- Separate what you can control from what you cannot control.
- Break big problems into smaller steps.
- Use breathing, grounding or movement to calm the body.
- Ask for information, clarification or support when needed.
- Review your plan and adjust it when circumstances change.

Control • Step • Support

Healthy Coping Strategies

Coping strategies help reduce pressure and restore balance.

Positive coping

1. **Breathe**
   Try slow breathing for one or two minutes.
2. **Move**
   Walk, stretch or change position to release tension.
3. **Connect**
   Speak with a trusted person or support network.
4. **Write**
   Put thoughts on paper to organise worries and priorities.

Avoid when possible

Self-criticism
Replace harsh thoughts with encouraging language.

Isolation
Take small steps to stay connected.

Avoidance
Face challenges gradually, one task at a time.

Overload
Reduce, postpone or delegate where possible.

Healthy coping is a skill that grows with practice.

Building Emotional Resilience

Resilience is the ability to recover, adapt and keep moving forward.

Resilience habits

1. **Self-belief**
   Remember previous challenges you have managed.
2. **Flexibility**
   Accept that plans may need to change.
3. **Support**
   Use relationships and services that strengthen you.
4. **Progress**
   Notice small steps instead of waiting for perfection.

Build it through

Routine

Create predictable habits that protect energy.

Reflection

Learn from difficult moments.

Boundaries

Say no or pause when capacity is limited.

Hope

Focus on what can improve, even slowly.

> Resilience is not being unbreakable; it is learning how to recover.

Self-Care, Wellbeing & Balance

Self-care supports emotional regulation and daily functioning.

Self-care includes

1. **Rest**
   Protect sleep and recovery where possible.
2. **Nutrition**
   Eat regularly and drink enough water.
3. **Pleasure**
   Include small enjoyable moments.
4. **Support**
   Ask for help before things become too heavy.

Balancing responsibilities

Prioritise
Choose what is essential today.

Simplify
Reduce tasks into manageable actions.

Share
Delegate or ask others to contribute.

Review
Notice what helped and adjust tomorrow.

Looking after yourself helps you care for others too.

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Positive emotional wellbeing means recognising emotions, choosing healthy responses and taking small steps that protect balance and resilience.

1. What emotion am I noticing right now?
2. What is one realistic action I can take?
3. Who or what can support me today?

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