

Master Your "Emotions"

Dr. Nimisha Vandan

Date: March 10, 2023 (Friday)

Time: 2:30pm - 5:20pm

Venue: Centennial Campus, HKU

Overview

Mastering your emotions enables you to intentionally elevate or calm your own and others' emotions to achieve a desired outcome. People will mirror your emotions. That's why discussions can easily become heated and counterproductive; each party matches and escalates the level of emotion. It's a lose-lose situation. Recognising your emotions and learning to manage them is one of the most important skills you can have. In fact, people who are good at noticing how they feel and can calm themselves down or adjust their behaviour are more likely to do well in life, have healthy relationships and manage difficulties and setbacks. Mastering your emotions is not about refusing to acknowledge negative emotions and "forcing" ourselves to feel positive. It's about recognising that your emotions are trying to tell you something and focusing on the real problem to solve.

Learning Outcomes

- Recognises the problems in a new light
- Able to take decisions and problem solving easier
- Strengthen the relationships
- Reduces anxiety and eases depression

Learning Activities

- Self-reflection exercises to understand your own emotional triggers
- Group activities to mirror the emotions
- Practice to regulate the emotions in a problem-solving way
- Tips to turn negative emotions into neutral or positive ones

Remarks

Please bring a pen and a notebook.

About the Instructor

Dr. Nimisha Vandan, co-founder of OKAYMINDS and a former Post-Doctoral Fellow at the School of Public Health, Li Ka Shing Faculty of Medicine, The University of Hong Kong conducted research to understand the impact of COVID-19 on various populations in Hong Kong. During PhD, her research focus was on understanding the effect of culture and ethnicity on patients' access to healthcare, their experience with the healthcare system, cultural competency of healthcare professionals. Being passionate about understanding the influence of culture on life, she is keen on raising mental health awareness in the community and runs an initiative OKAYMINDS. She has successfully received certificates in "Intercultural communication" from HKU and received a Psychology Counselling Practitioner Certificate course. She has been conducting multiple workshops and trainings for universities and a number of NGOs.

She did her master's degree in international health from The University of Tokyo, Japan and bachelor's degree in pharmacy from India.