

# AHA! PROGRAMME

## Self Care Through Emotion Regulation

Manage your **Anxiety** and **Anger**  
to a **Happier** you through  
simple acupressure massage  
as well as effective strategies to  
manage your negative thoughts.

Collaboration project of  
Empathyworks Psychological  
Wellness and Ouch Pte Ltd

## **AHA! Programme**

### **Workshop 1: Building Success through Calming the Anxious Mind**

Anxiety is a normal reaction to challenging situations, such as exams, job interviews or public speaking. A moderate level of anxiety can be beneficial, as it alerts us to dangers, helps us to stay focused and motivates us to solve problems. However, when anxiety becomes excessive, persistent and overwhelming such that it affects a person's daily functioning, that is when the individual experiences an anxiety disorder. It is hence important for us to learn how to manage our anxiety, so that we can lead productive and fulfilling lives.

In this interactive and educational session, the following topics will be discussed:

- What is anxiety? When does anxiety become a disorder?
- Risk factors of anxiety disorder
- Strategies to manage our anxious thoughts
- Relationship between anxiety and our physical body (especially the stomach and spleen)
- Simple self-acupressure massage therapy to manage anxiety
- How can we support or help someone who experiences anxiety?

### **Workshop 2: Looking Beneath the Anger Iceberg**

Anger is a normal emotion. However, many individuals have difficulty in managing their anger. When uncontrolled, anger can result in various negative effects on a person's physical, social and emotional well-being. Learning how to manage frustration and anger appropriately is hence an important emotion regulation skill.

In this interactive and experiential workshop, participants will be introduced to practical strategies to manage anger more effectively. The following areas will be discussed:

- What is anger? Is anger always a bad thing?
- Psychology of anger: Looking beneath the anger iceberg Simple strategies to manage anger
- Relationship between anger and our physical body (especially the liver)
- Effective self-acupressure massage therapy to manage anger

### **Workshop 3: Discovering and Utilizing the Keys to Happiness**

Most of us want to be happy and live a satisfying life. However, many people frequently are overwhelmed with negative emotions, and do not seem to be able to overcome the stress associated with daily life. What would life be like if, instead of feeling negative and stressed, we felt more positive, engaged and resilient? How can we experience more happiness and inner peace in our lives?

In this workshop, participants will discover the keys to increase their happiness and life satisfaction on a daily basis.

The following areas will be explored:

- What is happiness? How does happiness relate to life satisfaction?
- Habits of a happy person
- Creating a happy mind
- Self-acupressure massage for a happy heart and body

**After the online workshops, continuous learning can take place as participants are given access to more online learning at their own pace with the guidance of practitioners.**

## **Speakers Profile**

**Joy Hou** is a Registered Psychologist who has worked in both clinical as well as non-clinical settings. Currently, she conducts mental health-related talks and workshops in schools, as well as corporate and community organizations. She was recently featured on Channel 8/ Channel U regarding the mental wellbeing talks which she conducts for employees.

**Hui Fang** plays the role of bridging individuals to the wonders of Traditional Chinese Medicine (TCM) through simple and easy hands-on activities. Featured in The Asian Entrepreneur, she envisions individuals starting their self-care journey early to reset health by removing ouch.

