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centre for
positive psychology
and health

Session 8: Emotional Wellbeing –Dr Trudy Meehan

The Science of Health *and Happiness* *for young people*

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The Mental Health Continuum

- Difference between something that is a clinical issue versus a challenging emotional experience



Name it to Tame it

- “Name it to tame it” (Dan Siegel)
- Shifts processing from emotional limbic system to planning pre-frontal cortex



Notice it before we can name it

SIFTING - Time In (Siegel, 2014)

- Identifying feelings in body
- Identifying changes in those feelings in the body
- Naming the feelings and experiencing them



The context (story) of our pain matters

- Name what you are feeling or what is happening to you
- Describe the impact on your life
- What's your opinion of its impact on your life? Do you agree or disagree with the impact of the problem?
- Why do you disagree with the impact the problem is having on your life?
- What hopes or dreams or things that are important to you is it standing in the way of?
- Can you tell the story of your hopes and dreams?
- Are there any skills that you will learn from fighting the problem that you can take into building your hopes and dreams?

A woman with long dark hair and a light blue shirt is in the center, looking directly at the camera with a shocked or overwhelmed expression, her hands pressed against her temples. Behind her are two blurred, semi-transparent versions of the same woman in the same pose, creating a sense of repetition or internal conflict. The background is a plain, light color.

Self Criticism – it's easier to be the
critic than the one who messed up
(Kirstin Neff)

Self-compassion

- **Mindfulness** – awareness and acceptance (letting go) of pain
- **Common humanity** – avoiding isolation or shame by seeing one's experiences as part of the human condition
- **Kindness** – being kind and warm rather than harsh in the face of set-backs



Neff (2003a, b)

Resources

- Dunne, P. (2020). Loving kindness meditation
<https://www.youtube.com/watch?v=LkC0K1F8nPk>
- Siegel, D. (2014). Brainstorm: The power and purpose of the teenage brain. Scribe
- SpunOut - Youth Information Website written by young people for young people www.spunout.ie