Why we all need to practice emotional first
by Guy Winch

WARM-UP:

1. Discuss:
   - What does 'emotional hygiene' mean to you?
   - What's more important: body or mind?
   - How should we handle such states as loneliness, failure or rejection?

VOCABULARY:

2. Look at the phrases below and complete the sentences.

   to call sb names  to shake sth off

   - It is extremely difficult to ____________________ depression.
   - It hurts every time I am _____________________ and insulted by my classmates.

3. Match the words below with their meanings.

   suppress  trigger  ruminate  battle
   upscale  resilience  splurge

   a) to spend a lot of money, especially on something special as a way of making yourself feel good
   b) to try very hard to deal with a difficult situation
   c) to make something happen
   d) ability to become healthy, happy, or strong again after an illness, disappointment, or other problem
   e) to think about something very carefully
   f) to stop an activity, especially by making laws or by using your authority
   g) relatively expensive and designed to appeal to affluent consumers

4. Answer the questions.

   - What was the most upscale restaurant you have ever been to?
   - What situations make you ruminate a lot?
   - Have you ever battled with some bad habits?
   - What would you like to splurge on?
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VIDEO & DISCUSSION:

5. Watch the TEDtalk and comment on Guy Winch’s statements:

- "Loneliness creates a deep psychological wound, one that distorts our perceptions and scrambles our thinking. It makes us believe that those around us care much less than they actually do."

- "In fact, we all have a default set of feelings and beliefs that gets triggered whenever we encounter frustrations and setbacks."

- "(...) that’s why so many people function below their actual potential. Because somewhere along the way, sometimes a single failure convinced them that they couldn’t succeed, and they believed it."

- "Once we become convinced of something, it’s very difficult to change our mind."

- "We have to catch our unhealthy psychological habits and change them. And one of unhealthiest and most common is called rumination."