

Being Young in a World of Fire

Raise your hand if you feel you relate to this image

Never Have I ever

**Stayed up past 3 AM, not because I was
studying, but because I was worrying about
how much I haven't studied.**

Never Have I ever

**Been told "your generation has it so easy"
and felt a deep flash of anger because they
don't see the internal fire.**

Never Have I ever

**Felt the pressure of having it all
figured out by a certain age**

Never Have I ever

**Compared myself to strangers
online, wishing I had a life like theirs**

Never Have I ever

**Felt overwhelmed by my own
emotions, like tangled up in a spiral...
not knowing how to cope**



*If you relate,
You are not alone!*

Emotional Instability

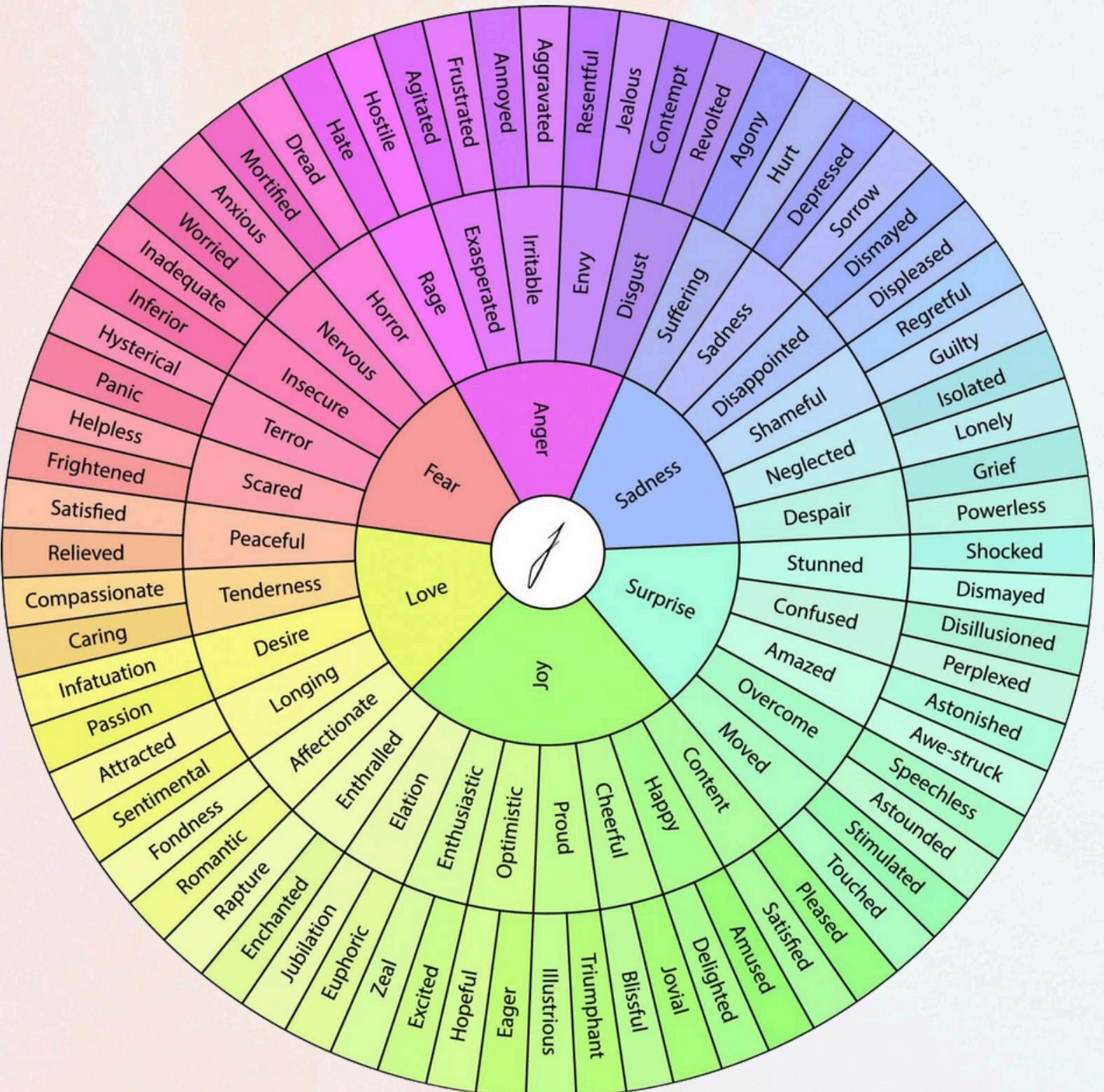


Emotional Instability

Emotions are like visitors. They are meant to be felt and expressed, not shut out. Like waves, they pass



Emotional Instability



- Name your emotion
- Where do you feel this emotion in your body?
- How intense does this emotion feel for you from 1-10?
- What does this emotion need from you? Is it care? comfort? space? support? safety?

Societal Pressure

We often conform to social norms to feel a sense of **acceptance** and **approval**. However, in the presence we might lose our individuality and uniqueness.

Shift from fulfilling expectations → value based living



Identify your top 5 values

**How can you translate
them into behaviour?**



We may not be able to extinguish the
world's fire at once,

But we can slowly learn how to regulate our
internal climate