

# 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.**

The background features a soft, pastel gradient of pink and light blue. In the corners, there are stylized illustrations of pink leaves and flowers. The top-left corner shows a cluster of leaves. The top-right corner has a flower with a long stem. The bottom-left corner features a branch with several leaves. The bottom-right corner shows a flower with a long stem.

# *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.**

The background features a soft watercolor wash in shades of pink and light blue. Stylized floral and leaf illustrations in a muted pink color are positioned in the corners: top-left, top-right, bottom-left, and bottom-right.

# *Never Have I ever*

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

The background is a soft watercolor wash in shades of pink and light blue. It is decorated with stylized floral and leaf illustrations in a muted pink color. In the top left, there are several long, pointed leaf-like shapes. In the top right, there are more complex floral patterns. Along the bottom left, there is a branch with several oval leaves. In the bottom right corner, there is a fan-like floral shape.

# *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**

The background features a soft watercolor wash in shades of pink and light blue. Decorative floral elements are placed around the edges: a pink leafy branch in the top left, a white flower with pink leaves in the top right, a pink leafy branch in the bottom left, and a pink leafy branch in the bottom right.

*If you relate,  
You are not alone!*

# *Emotional Instability*

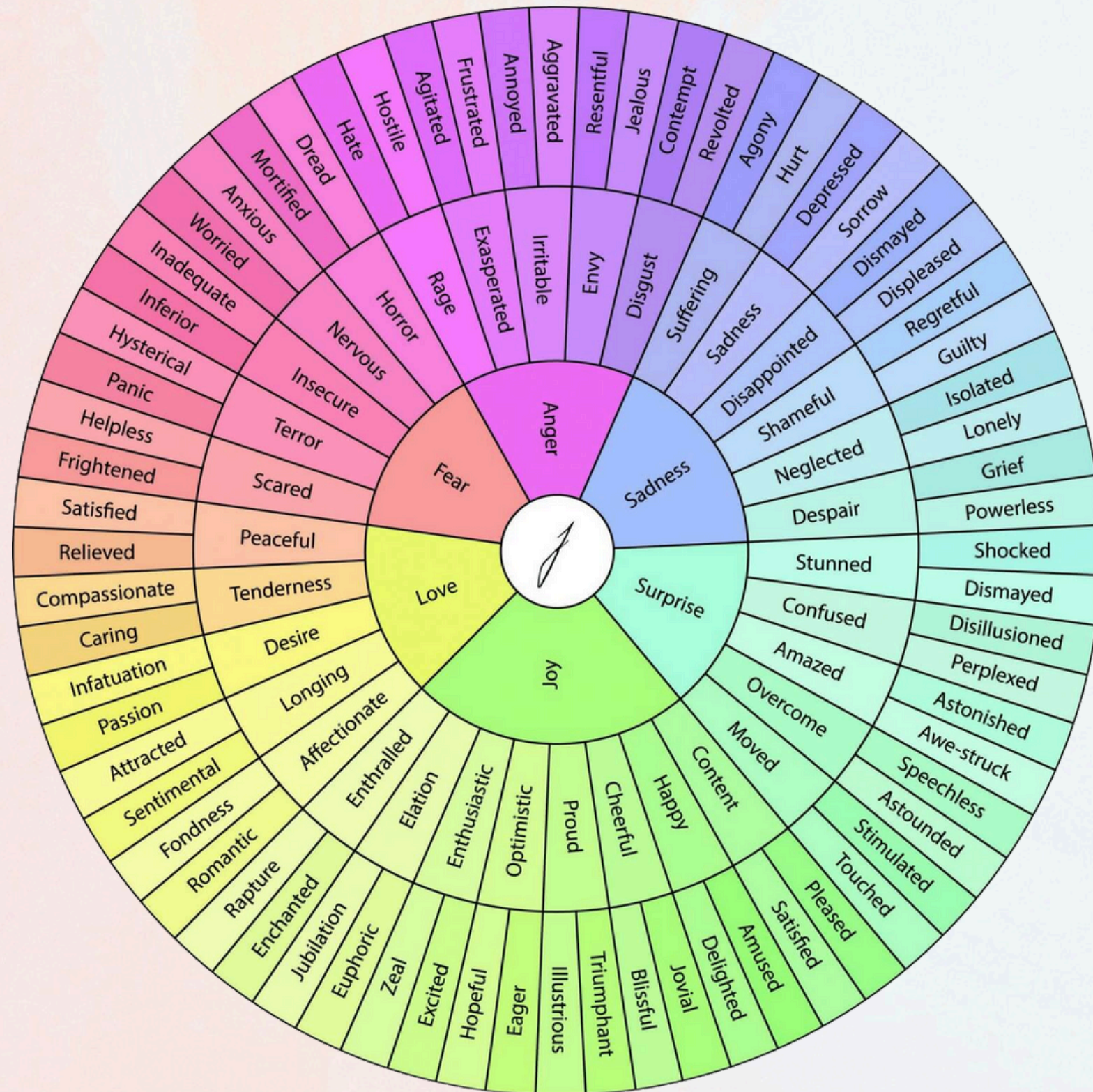


# *Emotional Instability*

**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



|                                      |                                       |
|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Love        | <input type="checkbox"/> Honesty      |
| <input type="checkbox"/> Wealth      | <input type="checkbox"/> Humor        |
| <input type="checkbox"/> Family      | <input type="checkbox"/> Loyalty      |
| <input type="checkbox"/> Morals      | <input type="checkbox"/> Reason       |
| <input type="checkbox"/> Success     | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Knowledge   | <input type="checkbox"/> Achievement  |
| <input type="checkbox"/> Power       | <input type="checkbox"/> Beauty       |
| <input type="checkbox"/> Friends     | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Free Time   | <input type="checkbox"/> Respect      |
| <input type="checkbox"/> Adventure   | <input type="checkbox"/> Peace        |
| <input type="checkbox"/> Variety     | <input type="checkbox"/> Stability    |
| <input type="checkbox"/> Calmness    | <input type="checkbox"/> Wisdom       |
| <input type="checkbox"/> Freedom     | <input type="checkbox"/> Fairness     |
| <input type="checkbox"/> Fun         | <input type="checkbox"/> Creativity   |
| <input type="checkbox"/> Recognition | <input type="checkbox"/> Relaxation   |
| <input type="checkbox"/> Nature      | <input type="checkbox"/> Safety       |
| <input type="checkbox"/> Popularity  | <input type="checkbox"/> _____        |



Identify your top 5 values

How can you translate  
them into behaviour?

The background features a soft, watercolor-style wash in shades of pink, peach, and light blue. In the corners, there are stylized floral and leaf motifs. The top-left and bottom-right corners have pink leaf-like shapes. The top-right corner has a white flower with a pink center and pink leaves. The bottom-left corner has a pink leafy branch.

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

**But we can slowly learn how to regulate our  
internal climate**