CONTACT US

For more information about our programmes or to get in touch, please contact us at **admin@mylifebox.com.au**

Our programme includes:
Anger Management
Mental Health Wellbeing

We also run separate programs for males and females, tailored to their unique needs and experiences.

We look forward to supporting you on your journey to personal growth and wellbeing.

my + emotions. for Youth

NAVIGATING FEELINGS, BUILDING RESILIENCE

MYLIFEBOX

ABOUT US

Empowering and educating youth in schools and communities on emotional intelligence and mental well-being for a resilient future

OBJECTIVE:

The My Emotions (ME) Programme aims to help students understand and manage emotions like anger and frustration. It teaches them the physical impact of negative emotions and provides tools to redirect these feelings positively. The 4ONE2 staff will facilitate weekly 45-minute to 1-hour sessions over 5 weeks.

OUTCOME:

- Enhanced emotional intelligence, boosting self-awareness and interpersonal skills among youth.
- Greater awareness of mental well-being, reducing stigma and encouraging open conversations.
- Empowered youth equipped with tools for managing emotions effectively.
- Strengthened resilience, helping youth navigate challenges with confidence.
- Supportive environments in schools and communities prioritizing mental health.
- Lasting impact on the well-being of the younger generation.
- Contributions from empowered youth towards a resilient, thriving society.

> ***"The greatest weapon against stress is our ability to choose one thought over another"***

MY EMOTIONS (M.E Programme)

For Year 8 to Year 12 students, delivered in sequential modules.

ANGER MANAGEMENT

- What are feelings or emotions?
- Increase emotional awareness (how to recognize feelings)
- Accepting your feelings or emotions
- Redirect into positive actions
- Consequences of Positive and Negative Actions

MENTAL HEALTH WELLBEING

- Understanding Mental Health & Wellbeing
- Navigating Social Media and Mental Health
- Mental Health Hygiene
- Identifying Signs of Poor Mental Health
- Cultivating Health Habits

ME PROGRAMME PACKAGE

For details about our Anger Management , or Mental Health Wellbeing or both packages, please email us at admin@mylifebox.com.au for more information and pricing.

> ***"Understanding your emotions is the first step towards mastering them"***