



# 2019 Optimum Life<sup>®</sup>

## Continuing Education Series



## Supporting Your Client's Emotional Well-Being

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If talking about emotions or encouraging others to do so sounds terrifying to you, you are not alone. It takes bravery and kindness to do this well. Why is dealing with emotions so important in our work? Emotions play a crucial role in our lives, because they help us find meaning and to function individually, build close relationships with others in groups and feel connected within our communities.

Most people think about well-being or happiness as a state that is free from emotional pain. However, research is demonstrating that acknowledging all feelings is important. When we express our emotions in a healthy way, our self-understanding and well-being improves. When we do this, we give permission for others to do this as well. Healthcare professionals will learn practical tips on how to help patients, care providers and others move through and past emotions that increase suffering.

Following this presentation the participant will be able to:

- Understand the concept of emotional sensitivity and how it affects our work with others
- Identify three ways to increase emotional engagement in groups
- Understand what to say and do when negative emotions such as grief, anger, anxiety or distress come up in groups
- Describe how to use mindful communication to deal with emotions

- The Optimum Life CE series is a pre-recorded webcast.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.