

Exercises for reducing negative emotions

LESSON 6

Perceptions of Inclusion, well-being and Identification with the European Union in Ukrainian university students



Co-funded by
the European Union

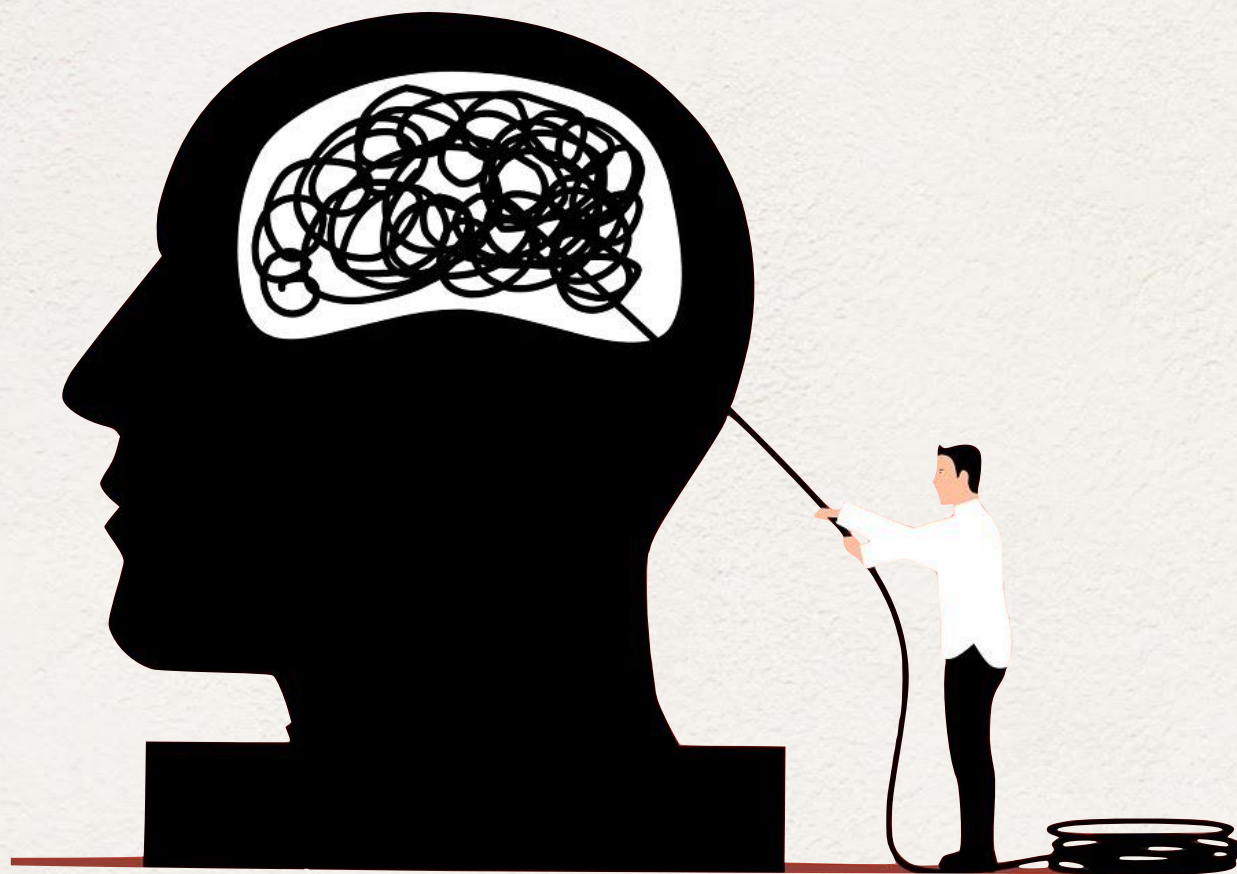


Image by [Mohamed Hassan](#) from

[Pixabay](#)

- Students affected by war may experience panic, despair, guilt, or anger as normal responses to trauma
- Tutors need practical, research-based tools to support emotional regulation
- Grounding, breathing, and expressive techniques are effective in reducing acute distress and restoring balance (Weckesser et al., 2023)



Practical Coping Techniques

- Grounding strategies, such as the “5-4-3-2-1” sensory exercise, help redirect attention to the present moment
- Physical anchoring, for example feeling objects or posture, reduces physiological arousal
- Breathing exercises, including slow counted breathing or alternate nostril breathing, regulate the autonomic nervous system
- These techniques can be demonstrated in class to model emotional regulation skills



Cognitive and Expressive Strategies

- Cognitive reappraisal helps reframe negative thoughts and reduce emotional intensity (Weckesser et al., 2023)
- Expressive writing supports emotional processing and reduces intrusive thoughts
- Creative activities such as drawing or music provide nonverbal emotional release (EthnoMed, 2023)
- Coping strategies vary in effectiveness; students should be encouraged to experiment and adapt
- Regular use strengthens emotional regulation, resilience, and confidence in managing stress

Thank you

Web

ukrastud.eu

Social Media

[@ukrastud](https://www.instagram.com/ukrastud)



Co-funded by
the European Union