

Mastering Your 'E-TSUNAMI'

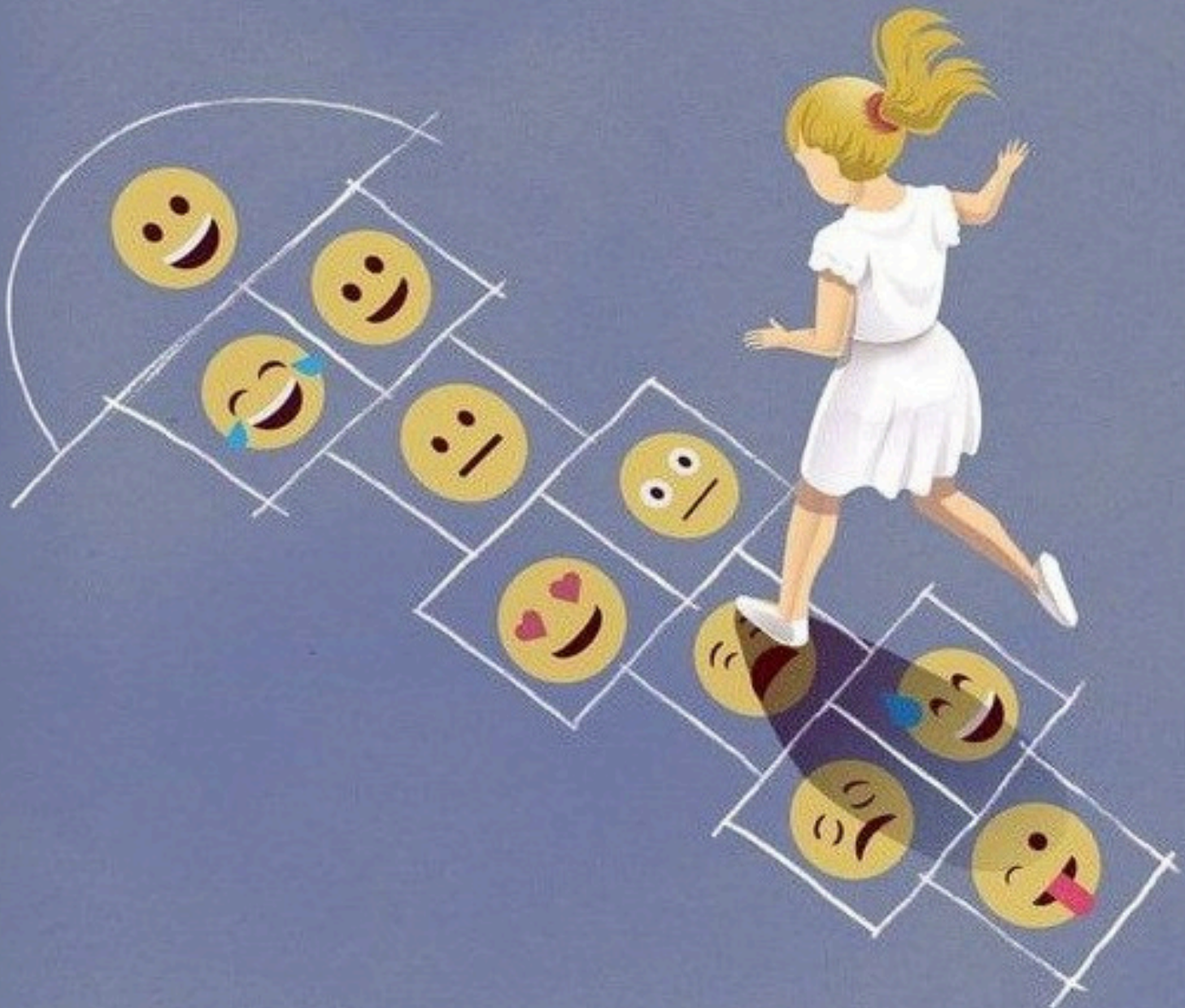
SESSION 6





Session Plan

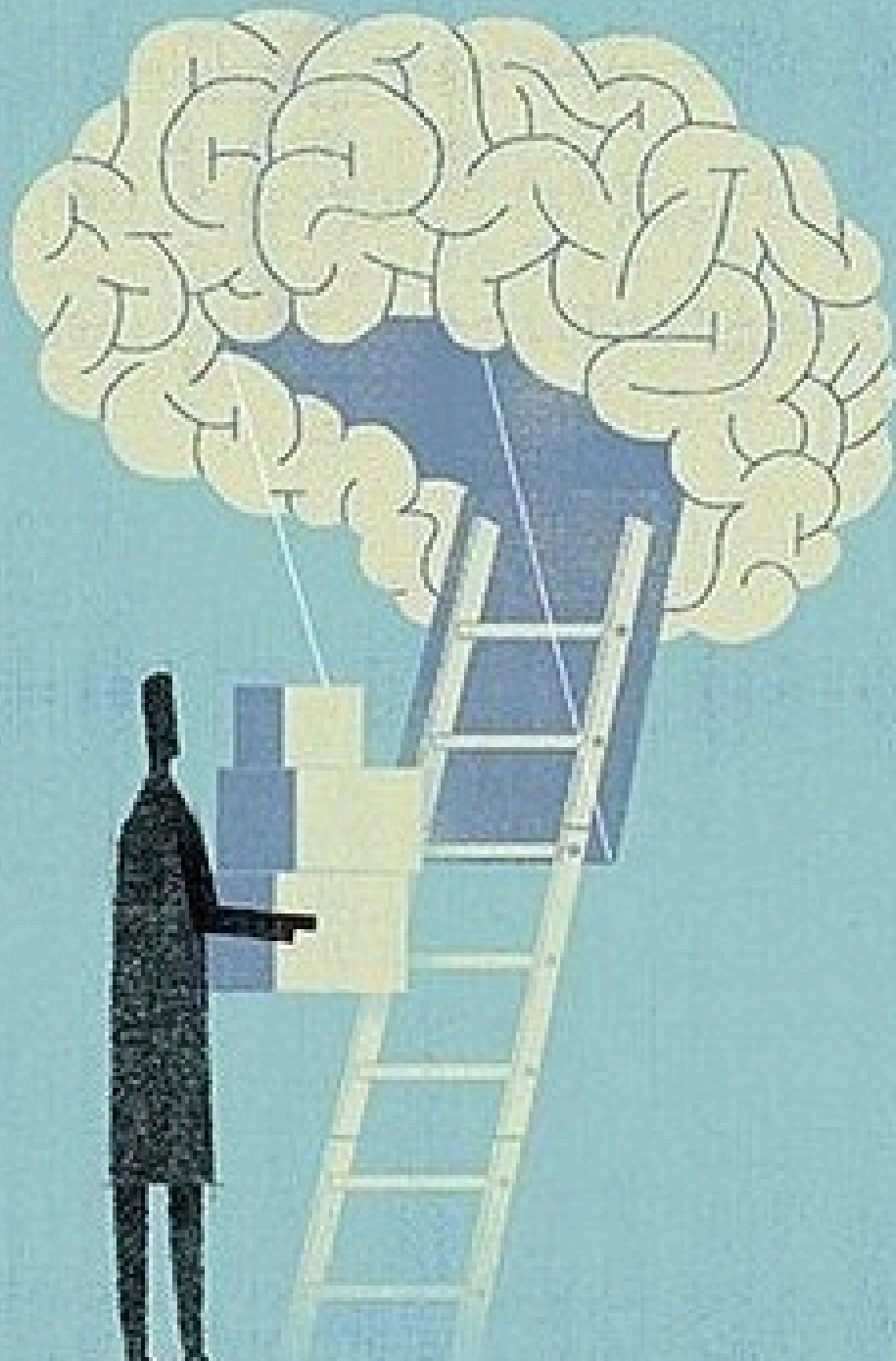
Part 1 : Box Breathing and Recap	05 Mins
Part 2 : What is your 'e-Tsunami'?	15 Mins
Part 3 : Coping Tool Kit	15 Mins
Part 4 : Transform Pain into Progress	5 Mins





Part 1

BOX BREATHING AND RECAP



Recap

Be a

CHAMPION

in positive

SELF-STORIES

Change your

FOCUS

Change your

STORY



COURAGEOUS



HONEST



AVAILABLE



MAKES YOU BELIEVE
IN YOURSELF



PUSHES YOU

5 4 3 2 1 Formula

FIRST
THINGS
FIRST

FIRST
TIME
RIGHT

1) I will listen to understand

2) I will ask questions instead of giving orders

3) I will speak with respect, even when I disagree.

4) I will express clearly, no one can read my mind

5) I will be a Gold Miner - appreciate others for the good I see in them.

Box Breathing





Part 2

WHAT IS YOUR 'E-TSUNAMI'?



The Snake Chasing Effect

A man is walking through the woods when he stumbles across a snake in the center of his path. The snake lashes out and bites him without warning, then turns and slithers away down the path.

The man feels the sharp pain of the bite and the venom coursing through his leg. Fortunately, he's close to the village, so if he just walks back and gets the wound treated, he'll be fine.

But he feels the anger and resentment building inside him: 'Why did the snake do that to me? That's not right. I'm going to get revenge.'

He starts chasing the snake down the path, but as he pursues the snake, the venom takes hold and he collapses and dies.

The story offers a powerful lesson, which you might call

The Snake Chasing Effect



In life, we all get bitten sometimes.

Someone betrays us, a friend ignores us, a teacher criticizes us. That initial bite hurts. But if we keep replaying the anger, chasing the revenge, the real damage is not from the event — it's from our reaction.

The initial wound hurts—but it's survivable. If you take care of yourself, walk back to the village and treat the wound, you'll be fine.

But how often do you do the exact opposite?

The internal voice starts a familiar refrain: How could they do this to me? I'm going to get them back.

You start chasing the snake down the path, seeking your revenge. You obsess over the betrayal. The unfairness. The injustice. The real damage is not from the bite itself, but from your reaction to it. The real damage comes when you chase the snake.

Nelson Mandela is often paraphrased as having said, **"Resentment is like drinking poison and then hoping it will kill your enemy."**

The Snake Chasing Effect is a reminder that the wisest response to harm isn't retaliation or obsession, but restoration. Don't give the snake more power over you than it has.



5 Major Negative Emotions



HURT



JEALOUSY



GUILT



FEAR



ANGER

What is your 'e-Tsunami' Emotion

Now, let's look at our own lives. We all face moments that shake us. Each one of us, for various reasons, have a different way to handle disappointments and challenges. We may experience the following.

There are five major negative emotions :
Hurt, anger, fear, guilt and jealousy.

Lets do a little match the following - Examples

1. Failing a test despite studying hard. What from the above would you feel? (***Disappointment / hopelessness / fear of parents & teachers***)
2. Best friend ignoring messages or sharing secrets with others. (***Hurt, anger, loneliness***)
3. Seeing friends post get more likes, achievements, or attention online. (***Jealousy, insecurity, low confidence***)
4. Pressure to behave in a certain way at home. (***Anger, frustration, feeling "trapped."***)
5. A crush not responding or being rejected in front of friends. (***Heartbreak, sadness, embarrassment.***)

What is your eTsunami emotion?

What triggers your eTsunami?

What do you generally do in that situation?

Why to Channelize Emotions?

Here's the truth: anger, fear, guilt, hurt, jealousy — they are all normal. But when we let them grow unchecked, they become emotional tsunamis that wash away our peace, our progress, and even our relationships.

Disappointments are a part of life

Psychologists say negative emotions last 2–3 times longer than positive ones, unless we consciously interrupt them. That's why emotional mastery is not about never feeling bad. It's about bouncing back faster. That's your real strength."

"Resentment is like drinking poison and then hoping it will kill your enemy."
So the real question is — are your emotions the boss of you? Or are you the boss of your emotions?"

Remember: water wild is a flood. Water harnessed is irrigation.

Atomic power wild is destruction. Atomic power harnessed lights up entire cities.

Emotions wild destroy you. Emotions harnessed make you unstoppable.

Water Harnessed

Irrigation



Water Wild

Flood



Atom Power Harnessed

Cities are Lighted Up



Atom Power Wild

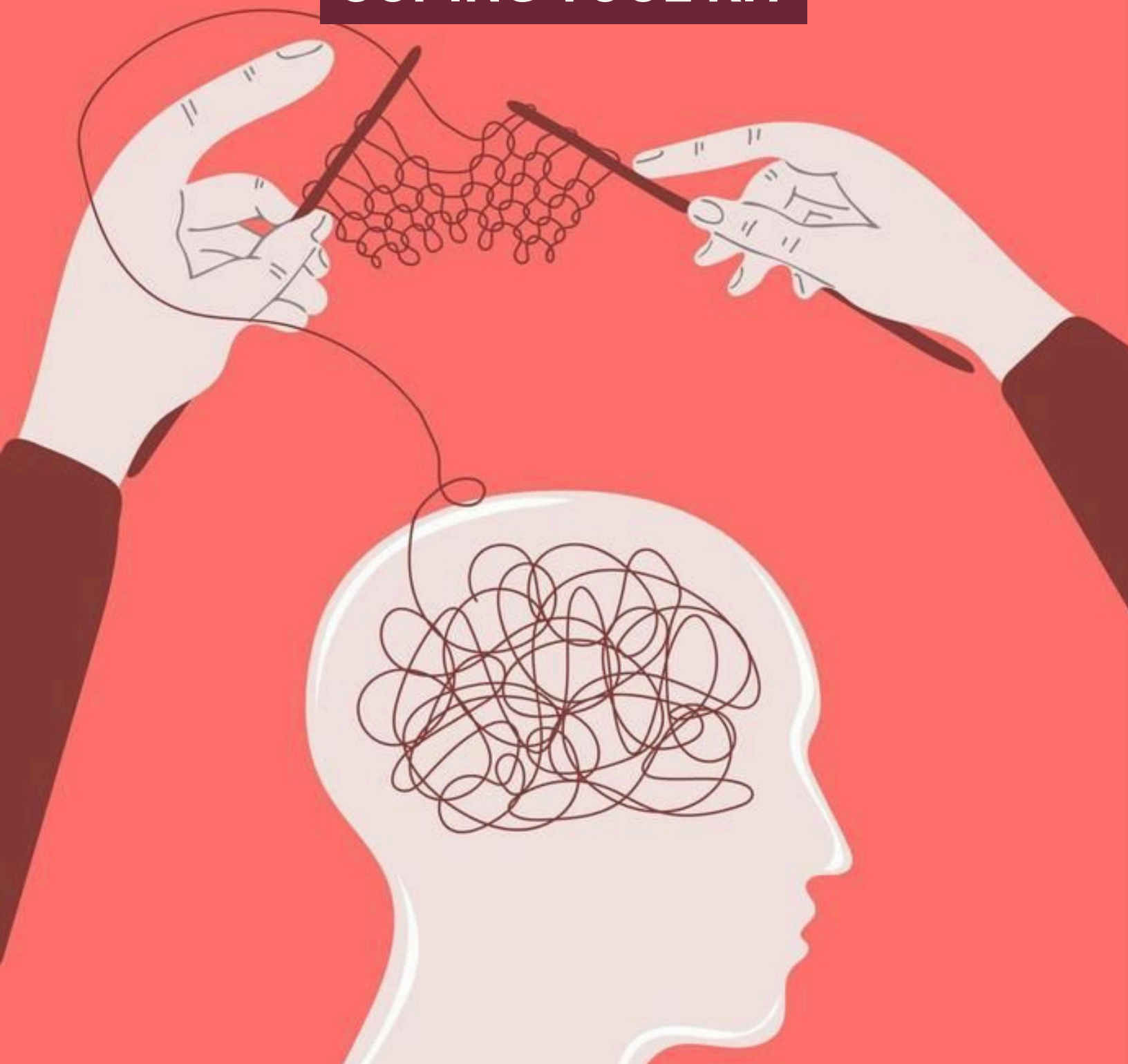
Hiroshima and Nagasaki





Part 3

COPING TOOL KIT



Disappointments are a part of life

Part 3A : -

A- Change your actions to change feelings

→ *Move your body, change action, shift your feeling.*

Emotions and actions are connected in a cycle.

Feelings → Actions → More Feelings.

If I'm sad and I lie in bed all day, I feel even worse. If I'm angry and I shout, I get angrier. This is the negative loop.

This is called the **Action–Feeling Cycle**. If I don't interrupt it, the cycle keeps making me feel worse. But if I change my actions, I can flip my feelings.

But if I interrupt the cycle — move my body, do something new — I can flip the feeling. That's the positive loop.

Try this with me: clap twice, turn around, and jump once. How do you feel? Probably laughing or energized. That's the power of changing your action first.

So next time you're down, try a spot jump, raise your fist and shout 'I can do it,' or even dance for a minute. Your body leads, your feelings follow."

That's the power of action.

Part 3B : -

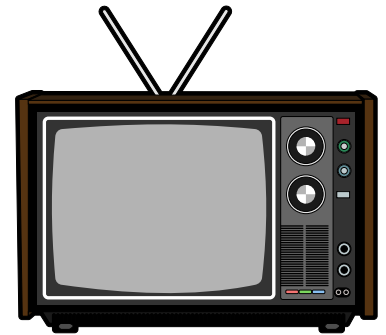
C - Chotu ko chotu rehne do / Keep Small things small

This simply means — keep small things small. Don't make them big.

1. Parents asked you to switch off the TV or phone while you were enjoying

Don't explode: "You never let me live my life!"

Keep it small: It's just a 5-minute interruption, not the end of your freedom.



2. Best friend sat with someone else in class.

Don't make it big: "They betrayed me!"

Keep it small: One seat change $\neq$ friendship break.



3. Somebody teased you lightly in school

Don't turn it into a fight: "Now I'll insult them back!"

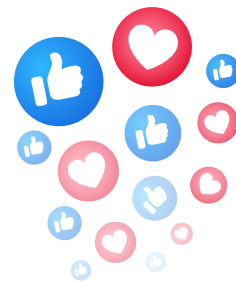
Keep it small: Smile, ignore, or give a witty reply and move on.



4. Got fewer likes on Instagram than your friend.

Don't spiral: "Nobody likes me, I'm invisible."

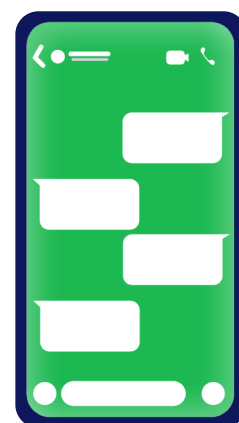
Keep it small: Likes don't measure your real worth.



5. Friend didn't reply to your message immediately.

Don't overthink: "They don't care about me anymore!"

Keep it small: Maybe they're busy, they'll reply later.



**Agar har choti baat ko badi banaoge,
toh zindagi hamesha bhaari lagegi.
Chotu ko Chotu rehne do!**

**Hi Chotu,
Kasa Kay Chotu,
Bye Chotu**

Part 3C - T - Transform Pain into Progress

→ *Channel hurt into growth.*

Every pain is like raw energy — you can waste it by sulking or you can transform it into fuel for progress.

- Parents saying “No” to something you want.

Pain: Frustration, feeling restricted.

Progress: Use that energy to prove responsibility — manage time, improve grades, earn their trust.

- Losing a competition (debate, dance, quiz)

Pain: Disappointment, comparison with winners.

Progress: Analyze mistakes, practice more, and bounce back stronger next year.

Your emotions are like clouds. They will come. They will go. You can't stop the storm from arriving — but you can decide how long to stand in the rain. So, from today, promise yourself: I am bigger than my emotions. I can act, I can choose, I can transform. And when I master my emotions... I master my life.

Shrug it Off!

Don't React. ACT!

Coping Tool Kit

A list of healthy things that you can do when you are angry...



Eat



Jumping
Jacks



Write about
your anger

1 2 3
0 5 8 4
9 7 10 6

Count
till 100



Go for a
walk



Talk to
someone



Squeeze a
stress ball



Play
Outside



Listen to
music



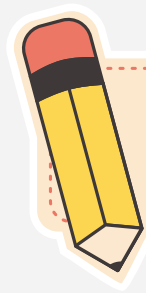
Practice a
hobby



Dance



Be with
nature



Part 4

TRANSFORM PAIN INTO PROGRESS



Arunima Sinha Story

It was the year 2011. Arunima was 24 years old... a national-level volleyball player... full of dreams, full of fire, ready to make India proud. She boarded a train one evening, never knowing that this journey would change her life forever.

In the dark of night, a group of thugs tried to snatch her chain. She fought back. **But in that** moment of resistance, they pushed her out of the moving train. Arunima fell hard onto the tracks... and before she could move, another train came thundering from the opposite direction.

When people finally pulled her to safety, one of her legs was crushed beyond repair. In the hospital, the doctors had no choice. They amputated it.

Imagine that moment. You open your eyes in a hospital bed... your athletic career gone... your body broken... and your spirit drowning in questions.

Some people pitied her. Others whispered, **"Her life is finished."** But Arunima? She decided to answer life differently. She said to herself:

"I can either cry for the rest of my life... or I can give my pain a purpose."

During those long painful months of recovery, she searched for a new dream. A dream so audacious, so impossible, that even her pain would bow down before it. And she found it:

She would climb **Mount Everest**.

Yes. With an artificial leg.

The world laughed. People said she was mad. “Impossible,” they told her. And maybe, somewhere in the silence of the night, her own mind whispered, “What if they’re right?”

But Arunima had made her choice. She trained relentlessly under Bachendri Pal, the first Indian woman to conquer Everest. Every step with her prosthetic leg was painful. Every fall hurt. Every rejection stung. But each time she rose again, stronger, fiercer, more determined.

And then... in May 2013, just two years after losing her leg... Arunima Sinha stood on top of the world. She became the first female amputee to climb Mount Everest.



She held the Indian flag high, tears rolling down her face. Her body broken once, her spirit unbreakable forever.

But she didn't stop there. Arunima turned her victory into service. She began building a foundation to help differently-abled people and underprivileged athletes. She began speaking across the world, inspiring millions to turn wounds into wings.

Her life whispers to each of us:
Pain is not the end. Pain is the beginning.

You and I, we cannot control what life throws at us. Failures, heartbreaks, rejection, even tragedy. But we can choose how to respond. So, I leave you with Arunima's question... one that can echo in your own heart:

***"When pain comes into your life, will you let it chain you down...
or will you give your pain a purpose?"***



Brain Tattoos

1.

2.

3.

4.

5.

