

# Managing Difficult Feelings: Practical Insights from Inside Out

When: Wed, Feb 26th 6:15-7:30pm

Where: Yarborough Library

2200 Hancock Dr, Austin, TX 78756



During this presentation, we'll explore effective psychological tools for managing challenging emotions, using clips and concepts from Disney-Pixar's *Inside Out* movies.

Raptor parents will learn about common patterns that keep people of all ages stuck in uncomfortable emotions and will learn a variety of practical strategies for identifying, processing, and regulating feelings of all types.

Although this presentation is organized by and for Raptor parents, it is being held at the Austin Public Library and is therefore accessible to the general public. Anyone who is Riley's age or older may find something interesting to learn about and, at the very least, we can all enjoy the movie clips.

*Presented by Dr. Mandy Menzer - Clinical Psychologist and alumni LASA Parent*