**Beach Ritual:** Let the water take your negative thoughts and emotions away. Take the first exercise, and let go of stress, unwanted emotions or thoughts that block our energy, creativity and focus. And, with the second exercise, remember all that we are grateful for. In increasing our gratitude we can approach every day with a greater sense of adventure and excitement leading to better innovation, creativity and cooperation and, of course, happier, more satisfied employees.

Title image: To be added soon

Players: Single Player

Categories: Meditation & Mindfulness
Soft Skills

Headsets: Pico Neo 3
Meta Quest 2
HTC Focus
HTC Focus Plus

Learning Objectives:

* **Dealing with negative emotions**:  If anything characterises the post-pandemic era is the raise in negative emotions, as stress and insecurity. The new model paradigm challenges our work-life balance, causing frustration and anxiety. The exercises of this module will help you create distance between yourself and the negative emotions, letting them go, every time you feel overwhelmed. Soon this practice will become knowledge, as you will develop your own coping mechanisms.
* **Relaxation and calmness**: As stress goes away, you will experience relaxation and calmness; these are the founding stones of a good relationship and meaningful relationships- at work, at home, with yourself.
* **Focus and Concentration**: A clear mind, free of negative thoughts thinks better, learns better, and performs better. Regain your focus before a challenging presentation, an important meeting, or at any time during the day when you feel that tiredness is getting the best of you.