

How to Manage Big Emotions

One way to attract and keep friends is to be a good friend. But, we ALL make mistakes.

Sometimes we say or do things in our friendships that we regret. This often happens because we experience a big emotion and react without thinking.



Big emotions, like anger, fear and sadness can be uncomfortable. But even uncomfortable emotions are okay. In fact, all emotions are okay. It just takes practice to manage uncomfortable emotions so you respond in a healthy way.

HOW TO MANAGE UNCOMFORTABLE EMOTIONS:

STEP 1: PAUSE

When you feel an uncomfortable emotion, like anger or sadness, pause and notice the feeling in your body (heart racing, face feels hot, etc).

STEP 2: BREATH

Take some deep breaths. This will help to calm you down.

STEP 3: WORK THROUGH THE EMOTION

Instead of avoiding big emotions or letting them get out of control, work through them in a healthy way, such as:

- ★ Take a break and relax in a favorite spot
- ★ Go for a walk or exercise
- ★ Talk to an adult or friend about your feelings

STEP 4: RESPOND

Once your head is clear and you're feeling calm, you can figure out how to respond.

UNHEALTHY WAYS TO MANAGE UNCOMFORTABLE EMOTIONS:

- ★ Say or do something mean to get back at the person who hurt or angered you
- ★ Storm off or throw a fit
- ★ Completely avoid the emotion and pretend you're not having it