

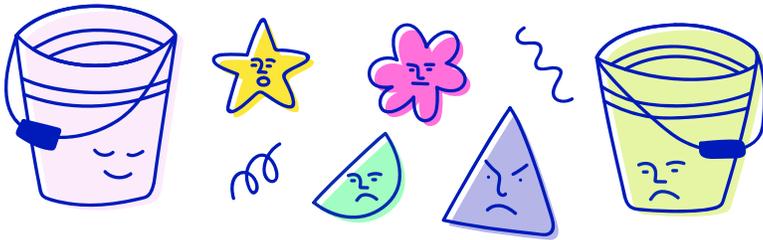


# EMOTIONAL MANAGEMENT / MINDFULNESS

## Section 1: Overview

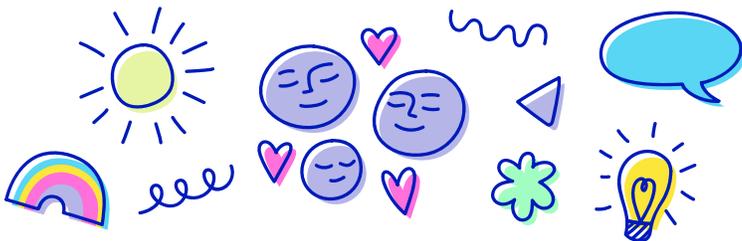
Our bodies react to stress physically and it's our choice to deal with it and take charge of our own lives. We have the power to manage our anger when it feels out of control. Affirmations help us manage our emotions. Identifying our emotions and practicing mindfulness helps keep them under control.

## Section 2: Emotion and Mood



### What is an emotion?

Emotions are also called feelings - such as being happy or mad or scared. You feel them because of what you see, hear, remember, and do. So whether you're sad and blue or happy and excited, you can share your feelings with other people by talking about them. Be glad you can have so many different emotions because without them every day would feel the same!



### What is a mood?

Moods can influence how well we do in certain situations, but so can something else: our mindset. What's the difference between a mood and a mindset? Moods are the emotions we feel. A mindset is the thoughts and ideas that go along with that mood.



## EMOTION

### Duration

Seconds to minutes

### Cause

Usually caused by a specific event

### Variety

Many different types

### Expression

Universal facial expressions

### Onset

Rapidly happens and changes quickly

## MOOD



### Duration

Minutes, hours or days

### Cause

Not usually caused by a specific event

### Variety

Two basic moods (good and bad moods)

### Expression

No unique facial expressions

### Onset

Gradually happens

## Section 3: Stress & Me

Stress can create physical reactions to the body. Over-stressing or long lengths of stress can eventually cause damage to your physical, mental, and emotional health.

### Body reacts to stress

- Headaches
- Stomach aches
- Loss of appetite
- No energy
- Fast heartbeat



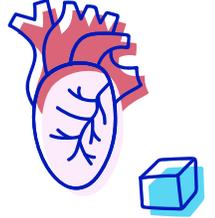
### Head reacts to stress

- Trouble focusing
- Negative self talk, headaches
- Blame others
- Confusion



### Heart reacts to stress

- Frustrated
- Depressed
- Sad
- Lonely
- Overwhelming



## HEALTHY

### Ways to Deal With Stress

- Take a deep breath
- Think positive thoughts
- Talk to someone
- Focus on what you can control
- Exercise or do yoga
- Laugh
- Listen to music
- Read
- Volunteer

### Consequences

- Resilience - bouncing back and emotional strength
- Sense of hope
- More energy
- Feeling in control

## UNHEALTHY

### Ways to Deal With Stress

- Anger
- Bullying
- Verbal/physical abuse
- Too much sleep
- Drugs/alcohol/gambling
- Shopping too much
- Too much TV/video games

### Consequences

- Health problems
- Depression
- Suicidal thoughts
- Feeling guilty
- Difficulty in school, emotions, health, family issues, relationships

## Section 4: Achieving Self-Empowerment

**Self-empowerment** means that you take charge of your own life. The main characteristic of self-empowerment is inner peace.



### Be Aware

Recognize your environment, yourself, and your power.

### Be Truthful

Untruths make us feel guilty. Guilt leads to shame. Shame leads to feelings of worthlessness. Be honest to yourself and others.

### Let Go of the Past

Live in the present moment or the “now”. When you judge, criticize, or hold onto regret, there is an inner guilt.

### Develop a New Mindset

Acknowledge that you have control of your mind. Are your dominant thoughts serving you positively or negatively?

### Don't Worry About the Future

Accept the path you need to achieve what the future holds for you. Accept each challenge as an empowering event.

### Trust Others and Yourself

Trust your own judgment and ability to decide. Trusting yourself and others allows you to let go of worry, doubt, and dread.

### Recognize What You Have

Identify and embrace the gifts and talents you possess. Create strategies and habits that will build to success.

### Relax

Meditation boosts brain chemicals that improve your mood. Enjoy the silence.

### Be responsible

Take responsibility for you and your life to be empowered and independent. Keep a record or calendar that helps you review and prepare for success in completing responsibilities.



**STOP  
UNWANTED  
THOUGHTS**

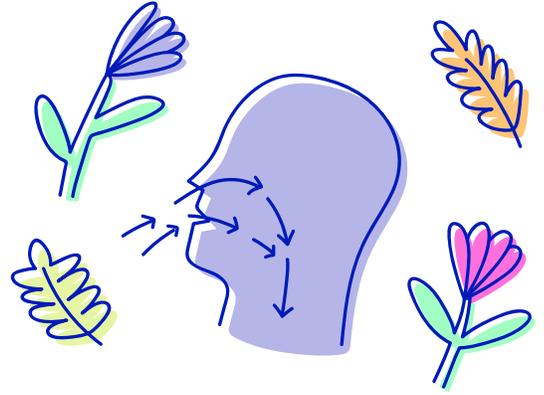
- 1. Thought Stopping**  
When a repeated unwanted thought occurs, say the word “stop” in your mind
- 2. Thought Replacing**  
After you stop on unwanted thoughts, replace it with a positive thought or image





## Section 6: Easy Coping Mechanisms

Anger is normal but letting anger get the best of you is not. You can recognize and manage your anger. Remember, emotions are a part of your body telling you information.



### 4-7-8 BREATHING EXERCISE



1. Put your hand on your belly.
2. Breathe in slowly for 4 counts, feel your belly expand.
3. Hold your breath for 7 counts.
4. Breathe out completely for 8 counts.
5. Repeat until you feel calm.



### Deep Breathing

Deep breathing is an easy way to make yourself present in the moment. The act physically helps your body calm and slow down. Your pulse will decrease and your muscles will relax.

By focusing on your breath, you are allowing your mind to take a moment. In that moment, your emotions can lessen and you can be honest to yourself about how you are feeling.

There are many other benefits of breathing:

- Quiet breathing gives you space and time to calm yourself
- You can breathe out tension and anxiety. Then breathe in patience and calm
- You may notice and accept all of your feelings today which will help you choose actions thoughtfully

Sometimes mantras can be used with deep breathing to help remind yourself to focus on your emotions.

- I will get to know my emotions, but I will not be ruled by them entirely
- I will use emotions to build new personal knowledge and new personal strength
- I accept the emotions I feel. It's okay to feel sad or unhappy

# MY BUCKET OF EMOTIONS

1 Draw a line across the bucket where you think your emotional level is right now. Think about the emotions you are feeling. Write about them on the lines below.

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2 How does it feel to name your emotions?

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3 Did you notice anything about your emotions as you were naming them?

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4 When writing them, did you experience more emotions, or fewer?

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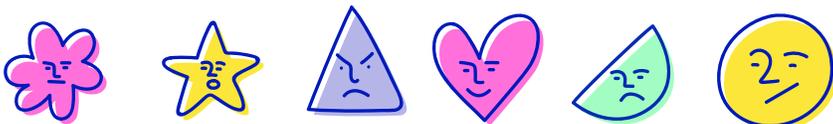
## Bucket of Emotions

If your stress bucket is filling up with negativity, take a breath! Strive to fill that bucket with positivity. Think of positive things such as events, sayings, images, or places.

Mindfulness helps you be more in control of your emotions.

### How do your Emotions Feel?

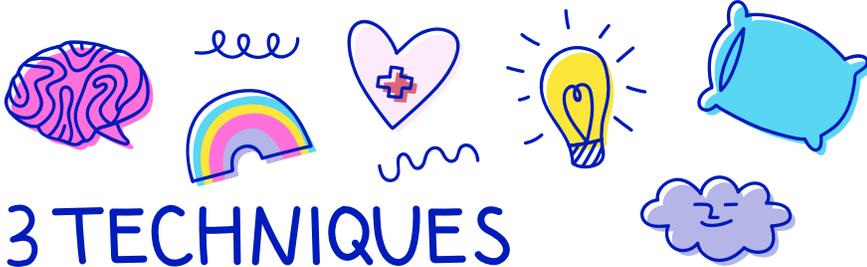
- Listing the physical sensations of each emotion
- Anger, happiness, fear, sadness.



## Section 7: Meditation

Meditation is a way to get quiet, calm, and focused. It trains your mind to slow down, relax, and stay positive. Meditating for just a few minutes a day can help you feel centered, balanced, and more in control – even during the times when you’re not actually meditating.

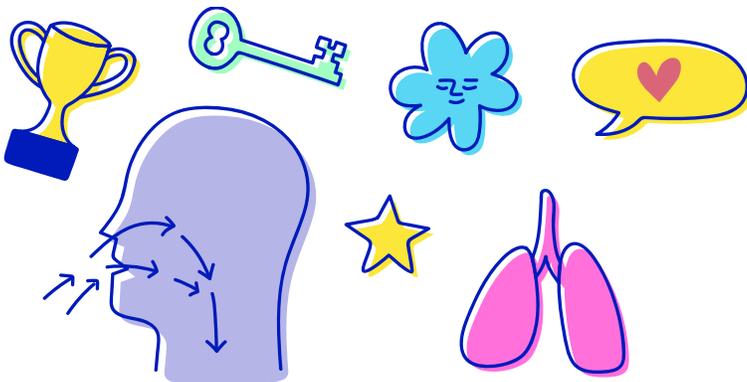
Making meditation one of your daily routines (like brushing your teeth) can help you feel more grounded when it seems like you’re being pulled in a million directions.



## 3 TECHNIQUES

### 1 Focus on the Breath

- Find a comfortable, quiet place to sit and set a timer for 3-5 minutes.
- Close your eyes and focus on your breathing.
- As you inhale, think about your lungs inflating, your ribs expanding, and the breath moving through your nasal passages.
- As you exhale, think about your lungs deflating and the breath rushing out of your nasal passages.
- If your mind starts to wander, calmly say to yourself “thinking” and then turn your attention back to your breath.



## DID YOU KNOW?

### Meditation can help:

- Improve memory
- Lower blood pressure
- Ease decision-making
- Reduce stress
- Increase attention span
- Increase kindness
- Build patience

### 2 Visualize Success

- Set a timer for 3-5 minutes. Find a comfortable place to sit.
- Close your eyes and picture things going well.
- Visualize yourself feeling prepared and in control as you sit down for your test, or kicking the winning goal in soccer, or landing the lead role at your drama audition.

### 3 Belly Breathing

- Sit in a comfortable position with one hand on your belly.
- With your mouth closed and your jaw relaxed, inhale through your nose. As you inhale, allow your belly to expand. Imagine the lower part of your lungs filling up first, then the rest of your lungs inflating.
- As you slowly exhale, imagine the air emptying from your lungs, and allow the belly to flatten.
- Repeat until you feel calm.

## Section 8: Self-Esteem

Self-esteem means feeling good about yourself and feeling confident in your own skin. It doesn't involve comparing yourself to others, it's all about how you feel.

### Where Does Self-Esteem Come From?

- **Yourself.** The things you say to yourself play a big part in how you feel about yourself.
- **Parents, teachers, and others.** The people in our lives can affect how we feel about ourselves.
- **Learning to do things.** We feel good when we learn to read, add, draw, or build.
- **Helping others.** Doing good deeds both make us and those we are helping feel good.



### People with self-esteem:

- feel liked and accepted
- are proud of their actions
- believe in themselves

### People with low self-esteem:

- feel bad about themselves
- are hard on themselves
- think they are not good enough

## BUILD SELF-ESTEEM

**Be with people who treat you well.** Some people can tear you down. Others lift you up. Choose friends who help you feel good about yourself.

**Say helpful things to yourself.** Tune in to the voice in your head. Is it too critical? Are you too hard on yourself?

**Accept your best.** If you always try, you know that you are doing your best. Your best self is your perfect self.

**Set goals and work toward them.** Do things that are good for you, like studying, exercise or eating better. Make a goal. Then make a plan for how to do it. Stick with your plan. Track your progress.

**Focus on what is going well.** It's easy to get caught up in what's wrong. But unless you balance it with what's good, it just makes you feel bad. Look for things that are going well.

**Give and help.** Tutor a classmate, help clean up your neighborhood, walk for a good cause. When you do things that are good (even small ones) you feel good.

