

# Managing Stress, Anger, and Other Emotions

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Mrs. Hunter

# Take 1 minute to do mindful breathing

Pay attention to every breath as  
much as possible

Remember to do the following:

- Relax
- Turn on any calming music
- Breathe from your chest, belly, or nose



Stress, excitement, anger, love, loneliness. Sometimes it can feel as though life is full of nothing but extremes:

- A huge test
- Excitement- that you made a team
- Frustration- parents don't understand what it's like to be a teenager today

Think about:

- How do emotions, like stress and anger affect other emotions?
- How do emotions influence your decisions?
- What are the benefits of managing emotions and expressing them in healthy ways?

Trigger: is a stimulus such as a smell, sounds, or sight that triggers feelings of sadness or happiness.

Start at the Source



When stress or anger are added to another emotion, they can create an unbalanced emotional extreme (irrational outlook). Think of a list of emotions, then think of one positive and one negative emotion that you often feel.

# Trigger

## What I felt

## What I did

- Think about how you responded to the trigger and what happened as a result. Was the result healthy and unhealthy?

Example:

Trigger- got a good grade

What I felt- relieved

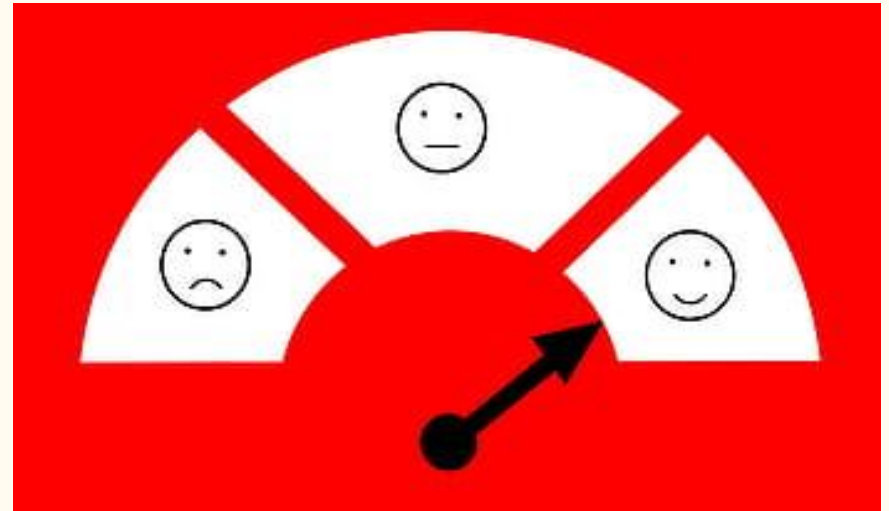
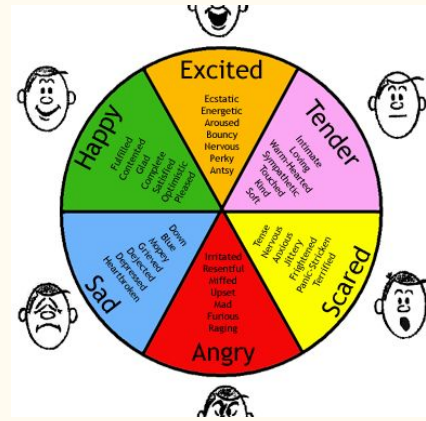
What I did- told my parents

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# Tips for Managing Emotions

1. Some triggers may be more challenging for others than for you
2. You are unique in your emotions, how you feel them, and how you respond to them
3. Alcohol and other drugs increase the odds that you won't think clearly
4. If you don't learn how to manage your emotions, it could damage relationships, develop illnesses, and make you feel unhappy.



# Make the Connection

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Think of a negative or positive trigger that you have experienced. Think of what you felt (the emotion) and what happened. Then predict short and long term consequences once alcohol or drugs are added to the situation.

Example:

Trigger- family wedding

Emotion-excited, happy

What happened- danced a lot

What happens when we add alcohol and/or drugs?

Short term consequences: feel down while dancing

Long-term consequences: family tells story to embarrass me

# Finding Balance



Triggers can send you into a whirlwind of emotions that can range from thrilling to devastating. When this happens there are techniques you can use to help keep yourself in balance.

# Centering and Reframing

**Centering-** helps to focus and settle the physical effects of strong emotions and the thoughts that accompany them. **Deep breathing with positive imagery-** helps calm and center emotions/thoughts.

1. Stop
2. Close your eyes and picture a place, person, or object that makes you feel calm
3. Slowly breathe in
4. Slowly exhale
5. Continue your breathing at least 10 times until you feel calm, centered, and refreshed

**Re-framing-**can help you check whether your emotional responses and physical reactions to triggers are realistic and in line with the situation. If they aren't you can create new and accurate responses; **Reality Check, Double Standard, and Past Experience.**

**Reality Check:** What am I thinking? What can I find that is positive about this situation? Am I using words like **never, always, best, worst?**

**Double Standard:** Something has gone wrong. What's your response? Do you tend to put yourself down? The Double Standard asks you to treat yourself the same way you would a good friend.

**Past Experience:** Has a trigger like this happened to me before? How did I handle it? How did it work out? How can I be successful?

# Trigger

## What I feel

- Think about a situation that's a trigger for you. Write down the trigger and what you feel when it happens. Select one of the Re-framing strategies and write a response- maybe look at more than one strategy and see which one you're more comfortable with.

Example:

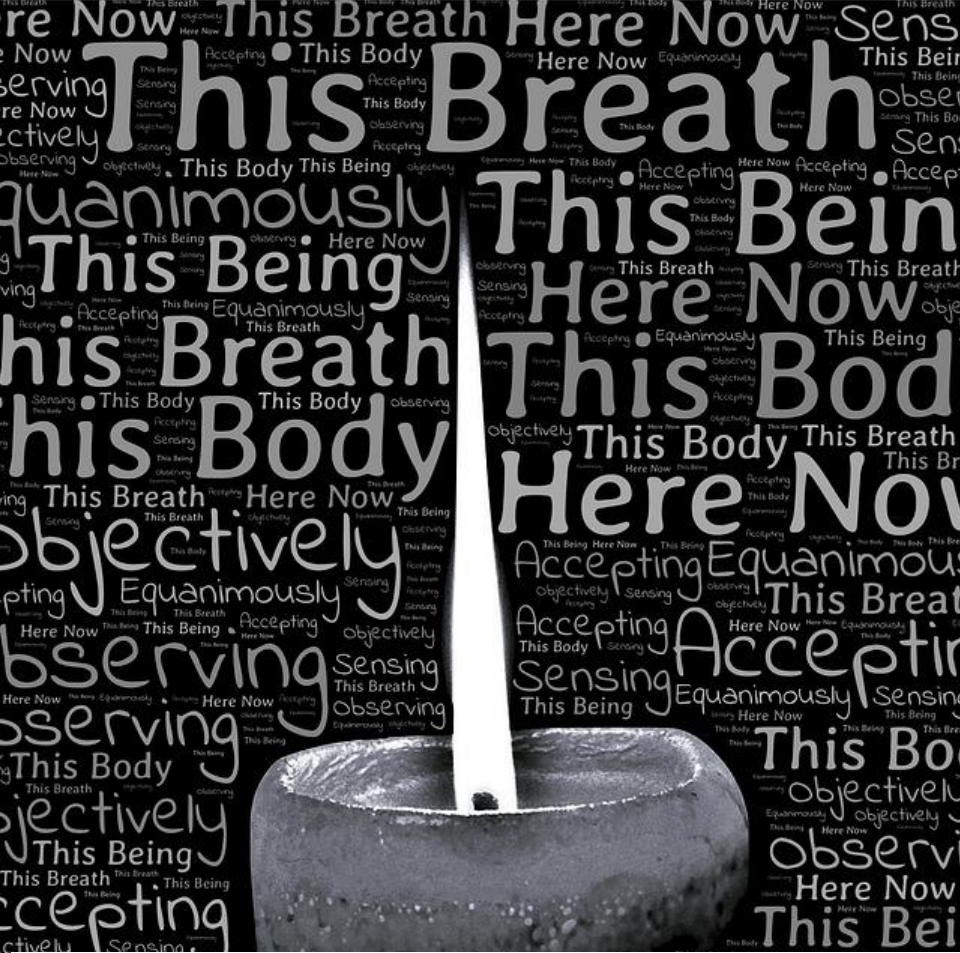
Trigger-

What I feel

Which strategies works the best for you?

The more you practice the easier they will be to use when you need them.





Breathe in and out until you feel calm, centered, & refreshed

# Conclusion

Mindfulness teaches us how to notice when we are experiencing emotions and feelings, to stop and watch how they feel in our mind and our body, and to react differently than we may have in the past.

When we practice awareness, or mindfulness, we can teach ourselves to have better balance and to not fall down so far from a strong emotion or feeling.

List and think about 3 things that you are grateful for, it can be anything small; playing a sport, art, someone's smile, a hug from a friend.

Think positive, be positive, and speak positive. Do it every day, make it a habit.