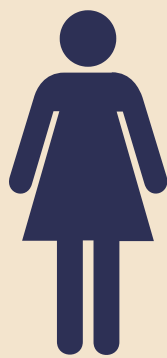


MANAGING YOUR EMOTIONS



Managing emotions is one of the many challenges when it comes to maintaining a good mental health. Children and adults struggle daily to identify and address emotions



Emotions affect our day to day living with people around us such as family, friends and children



At our workplaces, expressing emotions can be limited and losing control can be seen as unprofessional or immature

AS SUCH, WHAT CAN WE DO?



COMMON EMOTIONS



Happy



Sad



Angry



Scared

In our daily lives, it is easy to encounter these four emotions. You may encounter these four at equal levels or not at all.

It is good to view emotions as a "thermometer" of our daily affect. They are a response to situations and help us determine helpful and stressful situations



**Remember that emotions are a signal
not a result!**

TRY THESE METHODS >>>

ADDRESSING EMOTIONS

1) TAKE A STEP BACK

Stop for a moment to reflect on how you are doing and ask:

"What am i feeling?"

"What do I need?"



2) IDENTIFY THE EMOTION



Using the four emotions listed on the previous page will be useful! You may want to take 3-5 minutes depending on your available time.



Keep in mind that emotions can be complex. You can always use your own words to pinpoint your emotions

3) ACCEPT THE EMOTION

Reciting these statements can help in processing the emotions

Being sad is a waste of time



It is okay to feel sad right now



ADDRESSING EMOTIONS

4) EXPRESS IT

You can try healthy alternatives such as:

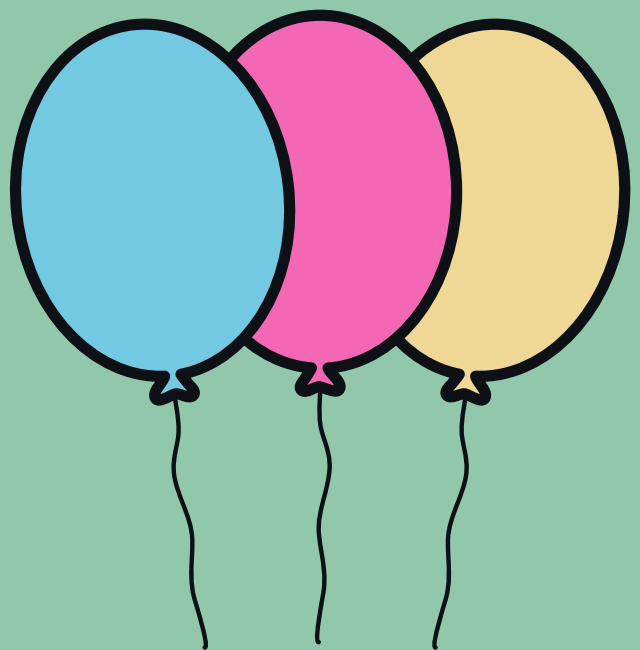
- Writing it down**
- Exercise**
- Talking to others**
- Hobbies**



5) APPRECIATE YOURSELF

If you have made it to all steps, congratulate yourself!

It takes time and effort to manage emotions



EXPRESS YOURSELF TODAY!