



 COOL	 SAD	 SICK
 HURT	 WORRIED	 EXCITED
 LONELY	 HAPPY	 GUILTY
 SURPRISED	 DISAPPOINTED	 ANGRY
 FRUSTRATED	 CONFIDENT	 BORED
 SUSPICIOUS	 ANNOYED	 OVERJOYED

HOW TO MANAGE MY EMOTIONS

STEP 1: PAUSE

Pausing is an important step because instead of acting on your feelings right away, or letting them make you feel overwhelmed, you give yourself time to reflect and think things through.

STEP 2: ACKNOWLEDGE WHAT YOU'RE FEELING

It is important to name the discomfort you are feeling and to understand where it is coming from. Whatever it is that you are feeling, it is okay to feel that way.

STEP 3: THINK & DO

Now that you have taken a few moments to figure out what you are feeling, think about, how you can make yourself feel better. Is there anything practical that you can do to change the situation that is causing you discomfort? Follow your own advice and do some of the things you came up with.

STEP 4: CONNECT

Talk about your feelings and process your thoughts and reactions with someone else who will understand. Try not to remain isolated; having people that you can talk with when you need support can help you manage difficult emotions.