

MANAGING YOUR EMOTIONS *Tips*

Take a deep breath



Take a deep breath, it can sometimes help to focus on your breathing and be present with your feelings, and not respond to them.

Opportunity to grow



See the situation you are in or the feelings you are experiencing as an opportunity to grow and learn

Get some sleep



Get some sleep, as a tired mind prefers has a tendency to misinterpreted situations as more negative than they really are

Do some exercise



Do some exercise, the increased blood flow to the brain from exercise and feel good hormones will make you feel better

Write your feelings down



Some people enjoy writing their feelings down as a way to help them manage their emotions

See your friends



Go for a walk with one of your friends and do something that makes you happy, and makes you smile. Watch a funny movie together.

Don't over analyze



Don't overanalyze situations or conversations - if something someone said or did is bothering, distract yourself.

No sodas or caffeine



Keep the amount of sodas / caffeinated drinks to a minimum - they are stimulants and likely to make you feel and anxious.