

A decorative graphic on the left side of the slide consists of a network of light blue lines and small circles, resembling a circuit board or a neural network. The lines are vertical and horizontal, with some branching out, and the circles are placed at various points along these lines. The overall effect is a stylized, technical-looking border.

EXPRESSING YOUR EMOTIONS

EMOTIONS

- Emotion- is a reaction to a situation that involves your mind, body and behavior
- Primary emotions are expressed by people in all cultures
 - Happiness, sadness, anger, fear

HAPPINESS

- Normal response to pleasant events in ones life
- Makes you feel good about yourself
- Make a list of things you enjoy
 - Make room in your life to do those things you enjoy
 - Reading, hanging with friends, exercising, playing a game, music

SADNESS

- Normal response to disappointing events in your life
 - Poor grade, a day when nothing goes right, family problems
- You may cry, eat more or less, feel tired, withdraw from those around you
- Grief- a period of deep sorrow
 - Death of a friend or family member
- Share your feelings, acknowledge your accomplishments, do something nice for yourself
- Do not isolate yourself or withdraw from others

ANGER

- Mild resentment to intense rage
 - Tense muscles, racing heart, rapid breathing
- Normal response to feeling frustrated or helpless
- Express in negative ways can lead to hurting themselves or others, developing illnesses and heart disease
- Positive ways to deal with anger
 - Release excess energy
 - Ask for help
 - Avoid certain situations

FEAR

- When you recognize a threat to your safety or security
- Heart races, breathing speeds up, cold and sweaty
- Fight or flight response
- Can be harmful when it is not based on a real threat or an overreaction

LEARNED EMOTIONS

- Not expressed in the same way by all people
- Expression depends on the social environment in which a person grows up
- Love, guilt, shame

LOVE

- Between family, friends, romantic
- Expressed through caring words, loving touch, thoughtful actions
- Love towards places and things
- Positive emotion
- Essential for mental health

GUILT AND SHAME

- Can be a helpful emotion
- Can stop you from doing something you know is wrong or make you take action to correct a behavior
- Best way to deal with guilt is to correct the situation, talk about your feelings
- Shame focuses on the person rather than the action
- Shame can be harmful because it lowers self esteem
 - “I am a bad person”

RECOGNIZING YOUR EMOTIONS

- Name the emotion you are feeling
- Determine what triggered the emotion
- Think back to past times you felt this same way
 - Similarities and differences

COPING WITH YOUR EMOTIONS

- Coping strategy is a way of dealing with an uncomfortable or unbearable feeling or situation
- Helpful when they improve a situation or allow a person to handle a situation in a better way
- Harmful when they make a situation worse or a person is less able to handle a situation

DEFENSE MECHANISM

- Strategies that help you to protect yourself from difficult feelings
 - denial- refuse to recognize the problem
 - Compensation- making up for weaknesses in one area by excelling in a another
 - Rationalization- making excuses for actions or feelings
 - Reaction formation- behaving in a way opposite of what you feel
 - Projection- putting your own faults onto another person
 - Regression- returning to immature behaviors to express emotions

HELPFUL WAYS OF COPING

- Confront the situation head on, improve the situation
- Release built up energy by exercising, being active
- Take a break, music, reading, walking, writing, meditating
- Talk through your feelings
 - Friend, family, counselor, trusted person

HARMFUL WAYS OF COPING

- Alcohol or drugs
 - Withdrawing from family and friends
 - Self harming
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- Don't be afraid to ask for help

ASSIGNMENT

- Text book
 - Page 42-43
 - Practice the skill