

Managing emotions



MANAGING EMOTIONS

It means being aware of your feelings and knowing how to express them in a healthy way.

WHY IS IT IMPORTANT?

- Reduces conflict and avoid misunderstandings.
- Reduces stress and helps you feel balanced.
- Helps you show kindness.



GOOD EMOTION MANAGEMENT

- “I’m feeling frustrated right now, but I’ll take a deep breath and keep going.”
- “I feel angry right now, but I’m going to talk to you about it when I’m more calm.”



SUPER TIPS!

- When emotions are high, take a moment to calm down before responding.
- Try to imagine how others might be feeling and respond with kindness.



REMEMBER THIS!

When you understand your own feelings, you can better understand others.

