

How to deal with emotions?



Emotions are a part of being human. They can be positive, like happiness and excitement, or negative, like anger and sadness. But what should you do when you're feeling strong emotions? Here are some tips to help you deal with your feelings in a healthy way.

1. Acknowledge your emotions

The first step is to recognize and accept your emotions. Don't try to ignore or suppress them - this will only make things worse. Instead, take a moment to understand how you're feeling and why.

2. Take deep breaths

When we're upset, our breathing becomes faster and shallower. This can make us feel even more anxious. To calm yourself down, try taking slow, deep breaths. Breathe in through your nose for four seconds, hold your breath for seven seconds, then breathe out through your mouth for eight seconds. Repeat this several times until you start to feel more relaxed.

3. Talk about it

Sharing your feelings with someone you trust can be very helpful. It could be a friend, family member, or teacher. If you don't want to talk to someone face-

to-face, you could write your thoughts and feelings down in a journal or on your phone. Sometimes just getting your emotions out of your head can make you feel better.

4. Find a healthy outlet for your emotions

Doing something physical can be a great way to release pent-up emotions. Go for a run, dance around your room, or punch a pillow - anything that helps you let off steam. You could also try doing a creative activity, like drawing, writing, or playing a musical instrument.

5. Take care of yourself

When you're feeling down, it's important to look after yourself. Make sure you're eating well, getting enough sleep, and doing things you enjoy. Taking time for self-care can help improve your mood and give you the energy to deal with your emotions.

Remember, it's normal to feel a range of emotions. The key is finding healthy ways to express and manage them. If you're struggling with your feelings, don't hesitate to reach out for support.

Fill in the blanks with words from the text.

1. The first step is to r____(1) and accept your emotions. Don't try to i____(2) or suppress them - this will only make things w____(3).
2. When we're upset, our b____(4) becomes faster and shallower. This can make us feel even more a____(5). To calm yourself down, try taking slow, deep breaths. Repeat this several times until you start to feel more r____(6).
3. Sharing your feelings with someone you trust can be very h____(7). It could be a friend, family member, or teacher. If you don't want to talk to someone f____(8), you could write your thoughts and feelings down in a journal or on your phone.
4. Doing something physical can be a great way to release p____(9) emotions.
5. Make sure you're eating well, getting enough sleep, and doing things you enjoy. Taking time for s____(10) can help improve your mood and give you the energy to deal with your emotions.

Match the two halves to make sentences.

Left:

1. If you don't want to talk to someone face-to-face,
2. Repeat this several times
3. When you're feeling down,
4. Taking time for self-care
5. To calm yourself down,
6. The first step is to recognize and accept

Right:

- a. try taking slow, deep breaths.
- b. you could write your thoughts and feelings down in a journal or on your phone.
- c. can help improve your mood and give you the energy to deal with your emotions.
- d. until you start to feel more relaxed.
- e. your emotions.
- f. it's important to look after yourself.

Choose the right answer based on the text.

1. According to the text, why is it important to acknowledge your emotions?
 - A. Ignoring emotions can lead to worsening of the situation.
 - B. Suppressing emotions is unhealthy.
 - C. Understanding emotions can help manage them better.
 - D. All of the above.
2. What is the purpose of taking deep breaths when feeling upset?
 - A. To calm yourself down.
 - B. To distract yourself from the emotions.
 - C. To suppress the emotions.
 - D. To ignore the emotions.
3. Who can you share your feelings with, according to the text?
 - A. Only a friend.
 - B. Only a family member.

- C. Only a teacher.
- D. Anyone you trust.

4. What is suggested as a healthy outlet for emotions?

- A. Punching a pillow.
- B. Crying alone.
- C. Ignoring the emotions.
- D. Keeping the emotions inside.

5. What does the text recommend for self-care when feeling down?

- A. Eating junk food.
- B. Sleeping less.
- C. Doing things you enjoy.
- D. Isolating yourself from others.

6. What is the main message of the text?

- A. Emotions should be ignored.
- B. Expressing emotions is always unhealthy.
- C. It is important to find healthy ways to manage emotions.
- D. Expressing emotions is unnecessary.

Look at these adjectives related to emotions and imagine a situation for each. When did you last feel...?

happy
sad
angry
anxious
calm
confused
frustrated
excited
bored
tired
surprised
worried
content

afraid
grateful

Read these 4 opinions about dealing with emotions and choose one you agree with. Explain your choice.



Emily: "I strongly believe that it's important to acknowledge and express your emotions, no matter how uncomfortable they may be. I used to bottle up my feelings and it only made things worse. But now, I make a conscious effort to talk about my emotions and it has improved my mental health and relationships."

Dylan: "I don't think it's necessary to always show or talk about your emotions. Sometimes it can make things awkward and uncomfortable. I prefer to deal with my emotions internally and find ways to cope on my own. For example, when I feel angry, I go for a run and use that energy as motivation."

Alexis: "I'm not sure how I feel about dealing with emotions. Part of me wants to express and share my feelings, but another part is afraid of being judged or vulnerable. It's a constant inner struggle for me. For example, when I feel sad, I often cry alone but then blame it on allergies when someone notices."

Samantha: "Dealing with emotions can be tough. Growing up, I was always told to hide my feelings and put on a happy face. But now, I realize the importance of

acknowledging and expressing them. We're human after all, and it's healthy to feel and show emotions. For example, I had a bad day at work and instead of bottling it up, I vented to my partner and felt so much better afterwards.

Do one of the following writing tasks.

1. Create a social media post discussing a time when you felt anxious and how you dealt with it. Describe your emotions and the steps you took to manage them.
2. Write a blog post about a recent experience that left you feeling confused. Describe your thoughts and how you tried to make sense of the situation.
3. Compose an email to a friend recommending ways to deal with frustration. Explain different techniques and share a personal anecdote about how they have helped you in the past.