Managing Your Emotions

By Jennifer Kenny

likely	defense	frustration	arise
volunteer	negative	poorly	oncoming
self-respect	release	self-talk	react
tension	express	endure	

Directions: Fill in each blank with the word that best completes the reading comprehension.

Liz performed *(1)* _____ on a big math test for which she had spent a great deal of time preparing. She felt very sad and went to bed early. The next day she still felt sad. She decided to talk to her mother about how she felt.

The state in which a person deals with everyday life is called that individual's **mental health**. A person with good mental health has high self-esteem and is able to be part of healthy relationships. A person who is mentally healthy must be emotionally healthy. People who are both mentally and emotionally healthy have a sense of control, have the ability to *(2)* _____ failures, can see things in a positive way, and can *(3)* _____ emotions in a healthy way. Liz is such a person. It was not fun to feel sad, but she knew how to handle that.

Mentally and emotionally healthy people are more *(4)* _____ to become the best they can be. A famous psychologist named Abraham Maslow made a hierarchy of needs. He said these needs had to be satisfied in order so the person can get the most out of life. A person has to have food, water, sleep, and exercise. Then the person needs shelter. A person needs love, affection, and acceptance. Then the person needs *(5)* _____ . Finally, a person can aim to be the best.

Along the way of aiming to be the best, you may experience many emotions or feelings. Emotions aren't good or bad. However, it is important to express them in a constructive way. People learn to express their feelings by watching those around them. Some people deal with anger by throwing things. Maybe you learned how to deal with your feelings in this *(6)* _____ way. However, practice will let you express feelings in a positive way.

People sometimes experience more than one emotion at a time. It can be difficult to manage your emotions. It helps to talk to others, blow off steam, or be creative. Talking can help work things out. Play a sport to let off steam. Paint or sing to *(7)* _____ *(8)* _____ .

Emotions such as anger, fear, guilt, jealousy, and loneliness can be harder to manage. Anger, for example, sometimes comes from *(9)* _____ . Sometimes there is nothing you can do, but the anger can be handled appropriately. Recognize the feeling, count to ten, breathe, and calm down. Then think and *(10)* _____ before you do something foolish.

Fear is a tough emotion as well. It is helpful when it prompts us to safety, such as getting out of the way of an *(11)* _____ car. Sometimes, though, it is important to get over a fear, such as speaking in front of others. Use *(12)* _____ to encourage yourself.

Guilt is a unique feeling, too. Guilt can help you be honest and true to your value system. To deal with guilt, correct anything you have done wrong.

LIVEWORKSHEETS

Jealousy can *(13)* _____ and cause problems if it lasts. Control jealousy in order to not ruin relationships. Examine the reasons why you feel jealous.

Finally, loneliness makes you feel isolated even if you are with others. Join a group or *(14)* _____ to meet new people.

If any emotion gets to be too much to handle, you may use a **defense mechanism**. A defense mechanism is generally done subconsciously, without thinking about it, and is used to avoid unpleasant feelings. Some defense mechanisms are daydreaming, denial, or idealization. For a short time, a *(15)* _____ mechanism can get you through a tough situation. However, for the long term, you must deal with the feelings and problems.

Each person needs to find the balance in his or her life. Examine how you cope. Manage your emotions effectively for positive mental health.

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Name _____ Date _____

1. The state in which a person deals with everyday life is called that individual's ____. (A) Social health (B) Daily health (C) Mental health (D) Physical health	2. A person who is mentally healthy must be emotionally healthy. (A) False (B) True
3. If you have ever been sad, you can't be mentally healthy. (A) False (B) True	4. Emotions are either good or bad. (A) False (B) True
5. A famous psychologist named Abraham Maslow developed the ____ to explain why people need to satisfy certain needs in order to become the best they can be. (A) Pyramid (B) Pyramid of needs (C) Hierarchy of wants (D) Hierarchy of needs	6. Which is not an example of a defense mechanism? (A) Talking (B) Idealization (C) Denial (D) Daydreaming

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