

FIVE WAYS TO HANDLE STRONG EMOTIONS

Read the text and choose the correct word for each gap.

Everyone feels strong emotions sometimes. You (1)_____ feel angry, worried, or disappointed. Here are five simple ways to manage these feelings.

First, take a deep breath. Breathing slowly can help you calm (2)_____ and think more clearly.

Second, talk to someone you trust. A parent, teacher, or friend may help you (3)_____ your emotions.

Third, get some exercise. Walking, running, or playing a sport can (4)_____ stress and improve your mood.

Fourth, think before you act. When people are upset, they sometimes say things they later regret. Taking a few minutes to think can help you make a (5)_____ decision.

Finally, take care of yourself. Try to get enough sleep, eat healthy food, and spend time (6)_____ activities you enjoy.

Strong emotions are a normal part of life. With practice, you can learn healthy ways to deal with them.

