

Lesson #8

Responding to Emotions in Healthy Ways

Objectives

- Describe healthy and unhealthy ways to express emotions
- Summarize strategies for dealing with strong and difficult emotions
- Describe negative consequences of expressing emotions in unhealthy ways

Journal Entry Question

- How many different emotions have you had so far today? List as many as you can remember and write a few words to describe when and why you felt that way. Put a plus sign (+) next to the emotions that felt pleasant or good and a minus sign(-) by the ones that felt unpleasant or were difficult or uncomfortable for you to experience.

Healthy Ways to Respond to Emotions

- **Identify the feelings.**
- **Find someone to talk to about how you feel.**
- **Be physically active.**
- **Keep a journal.**
- **Let yourself cry.**
- **Take a break and cool down.**
- **Try to keep a sense of humor.**

Why do you feel these ways
would be affective?