



Face Your Feelings





What can we do to manage uncomfortable feelings?

How do uncomfortable feelings affect our thoughts and actions?



When Did You Last Feel...

Let's think about our emotions and try to recall a time when we recently felt the different feelings below. For each emotion, jot down a time you can remember feeling like this and what caused that emotion.

nervous

angry

guilty

not good enough

upset

embarrassed

lonely

frustrated

anxious

jealous



When Did You Last Feel...

We all experience these uncomfortable or unpleasant emotions sometimes and different things trigger these feelings in different people. What makes one person anxious might be no problem for someone else and something that angers one individual simply might not bother another.



It is important to remember that what others feel and experience is real to them, just as our emotions are real to us. And, although the triggers might be different, the feelings can be very similar.

What Is Mental Wellbeing?

Mental wellbeing refers to our feelings and thoughts. Our feelings and thoughts are our mind's way of letting us figure out what is going on in our lives and how to react or respond.

Feeling uncomfortable or unpleasant emotions from time to time is normal. However, if we are experiencing negative feelings often, or we are worried about our negative feelings, it can be a sign that we need help with our mental wellbeing.



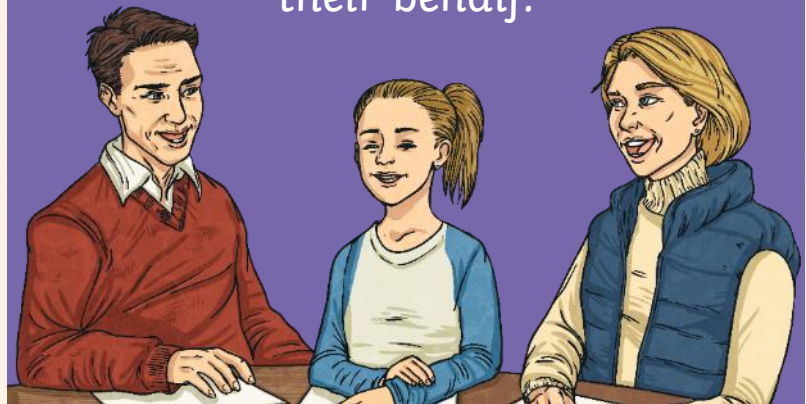
What Is Mental Wellbeing?

If we are feeling particularly low, anxious, lonely or isolated, it means we are experiencing poor mental wellbeing and we need to seek support.

Who could you turn to for support with your mental health and wellbeing?

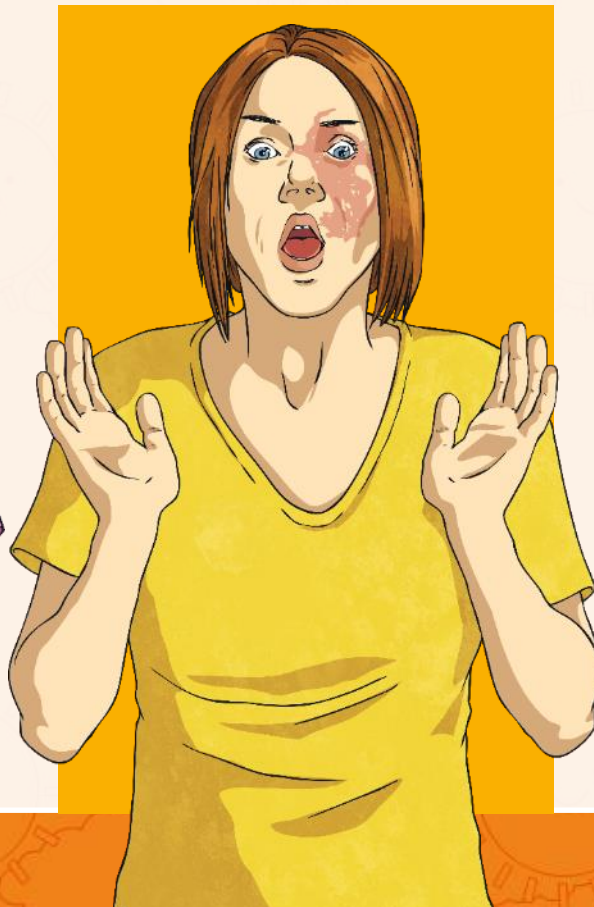


If someone we know doesn't seem to be coping well or doesn't seem to be their normal self, then we might need to seek support on their behalf.



What Is Mental Wellbeing?

One thing we can all do to improve our mental wellbeing is become familiar with different feelings and emotions and learn to describe them. This can help when getting help to support positive mental health.



Recognising and Describing Our Feelings

Experiencing the feelings we have discussed can be very unpleasant and even a little frightening, especially if they are emotions we do not have much experience of.

However, we can become better at coping with these uncomfortable emotions, if we try to better understand them.



Recognising and Describing Our Feelings

Let's explore some of those emotions mentioned earlier in more depth.

Talk to an adult and try to answer the following questions:

What does sadness feel like?

How do you feel inside when you are nervous?

What kinds of thoughts go through your mind when you feel embarrassed?

Whereabouts in your body do you feel anger?



Recognising and Describing Our Feelings

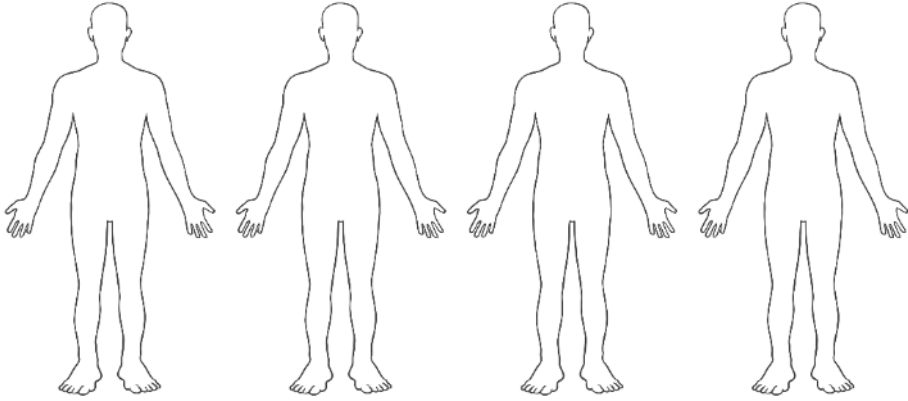
Sometimes it can be useful to identify an emotion you are experiencing and label it in some way. Some people like to do this using colours.

Using the **Identifying Feelings Activity Sheet**, choose four different uncomfortable emotions and colour areas of the body that you feel these feelings, in the colour you associate with that emotion.

The colours we link to emotions, and where we feel these emotions in our bodies, might be different for everyone – there is no right or wrong here!

Identifying Feelings Activity Sheet

Choose four of the uncomfortable emotions we have discussed and think about where in your body you experience that emotion. Next, choose a colour to represent that emotion and put colour on the body outline to show where you feel that feeling. Remember, there is no right or wrong as we all experience feelings in slightly different ways.



The activity sheet contains four identical blank human body outlines, each with a horizontal line underneath it for labeling. The outlines are simple line drawings of a person from the front, with arms and legs extended.

Recognising and Describing Our Feelings

Another thing that can be useful to do, in terms of understanding our feelings, is to rate the emotion, asking ourselves how serious or intense the emotion is.

We can do this by using a scale like this...



Recognising and Describing Our Feelings

So, we are learning to pay attention to our feelings, recognise how they feel in our bodies and even place them on a scale.

Now take a look at the following statement and take a few moments to think about it...

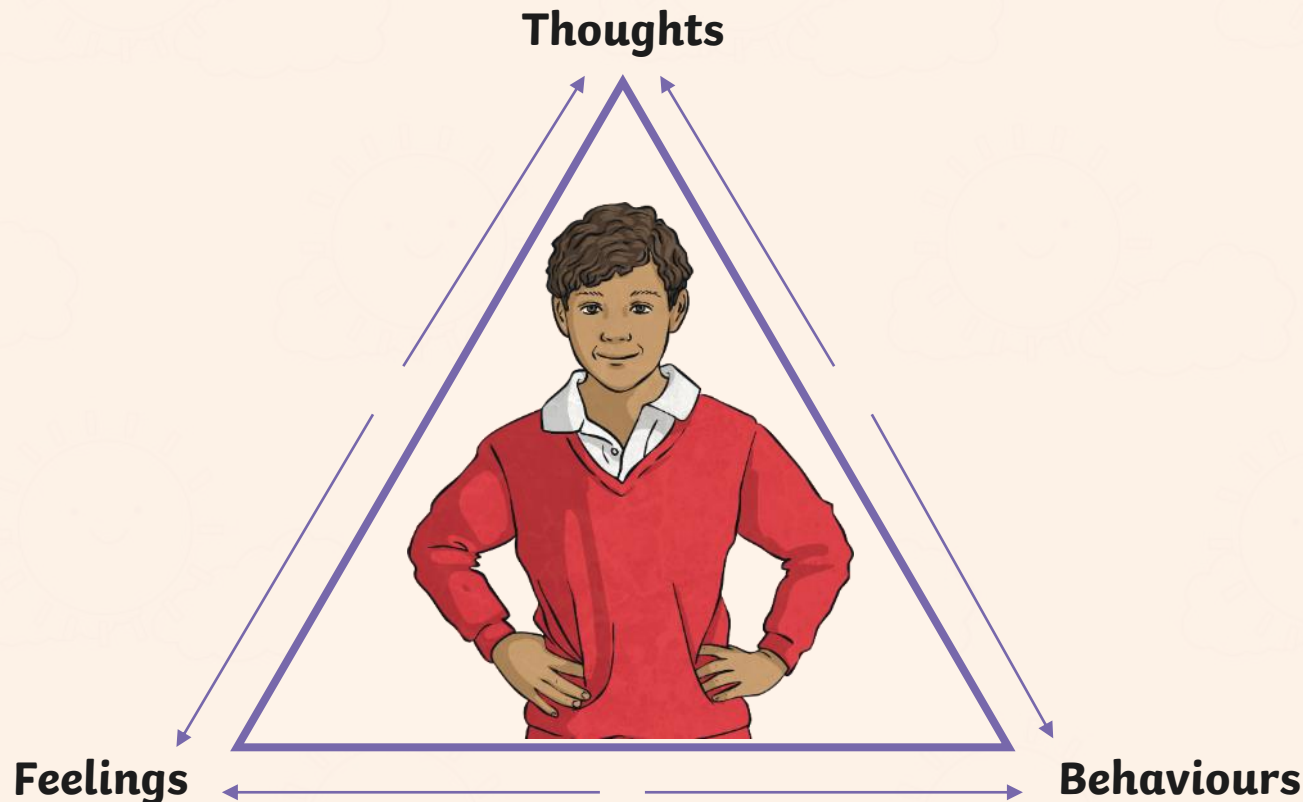
'If feelings and emotions are inside us,
they cannot have an impact on our
actions, nor on anyone else.'

Do you agree or disagree
with this statement?

Can you explain why you
agree or disagree?

Understanding the Impact of Our Feelings

Some of you might have said that the way we feel can affect our actions – and our thoughts. Our thoughts, feelings and actions are all linked to one another.



The Emotional Scale

Use the **Emotions Scenario Cards** to pick a scenario. Share it with an adult, then discuss where you think that scenario should be on **The Emotional Scale**. Remember, there is no right or wrong and all individuals feel emotions differently.



Managing Our Feelings

The more we experience different emotions, the more we learn how to deal with them.

Different people like to use different strategies to help manage their feelings.

Talk to an adult about any strategies you use, or have heard about, to help manage uncomfortable emotions.





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