

MANAGING YOUR EMOTIONS

Model

The ability to manage your emotions helps build good mental and emotional health. Read about how Analita learned to deal with anger in a healthy way.

Analita is sometimes angry or annoyed with her little brother because he comes into her room without knocking. Once, when he did this, she yelled at him. Her brother told their mom, and Analita got into trouble. The next time it happened, Analita tried just holding her anger in. That didn't work very well—she felt tense and irritable for the rest of the evening. She decided that next time, she would think about what was causing her anger and take steps to fix it.

When her brother came into her room without knocking, she took a deep breath and said in a calm voice, "I'm doing homework, and I need it to be quiet. Can you come back later?" Her brother said, "Sorry," and left the room, closing the door behind him. Analita felt good about the way she had handled the situation.



Practice

Read the scenario below. Then write a paragraph about Adam's emotions. In your paragraph, identify his emotions, explain the cause, and tell how he can respond in a healthy way.

Adam is excited and happy because he made the basketball team. He practiced every afternoon all summer and worked with his friend, Wyatt, to improve his jump shot. Now his hard work has paid off. He's on the team! Adam is disappointed that Wyatt didn't make the team, but he feels proud of himself. He wants to share his excitement with his family and friends.

Share your paragraph with several of your classmates. Explain why you think that these actions are healthy ways for Adam to show how he feels.



Practicing Healthful Behaviors

Manage your emotions by

- identifying the emotion.
- understanding the cause.
- responding in a healthy way.

Apply/Assess

Think about a strong emotion you experienced in the past few days. Write a brief story in which you describe the emotion, its cause, and a healthy way to manage it. In the story, tell why your response is healthy. Be prepared to act your story out for another classmate without using words. Use body language and other gestures to convey your emotion and the action you would take to express it. Can your classmates guess your emotion and your response?

Self-Check

- Did I describe my emotion and its cause?
- Is my response healthy?
- Did I explain why my response is healthy?

