

## Managing your feelings

Did you know you can manage the way you feel?

Chemicals going into your brain can change the way you feel. See the related topic '**Feelings and emotions**' to find out more.

There are different kinds of chemicals. Some are the 'feel bad' kind, but there are others that can make you feel good and happy.

### Getting the 'feel good' chemicals working

- Exercising makes these 'feel good' chemicals head for your brain and you soon start feeling happier. So if you are feeling mad, bad or sad, try going for a walk or a run, dance or skip or play a game.
- Eating makes 'feel good' chemicals too. Many people go for the chocolate and gooey cakes when they are feeling sad, but if you eat too many 'sometimes' foods, you start to feel guilty (guilt is a negative emotion).
- Music is great for making 'feel good' chemicals. You can listen to music or make music yourself.
- Positive thinking - try making a list, either in your mind or write it down, of all the positive things you can think of. Even the tiniest things can start those 'feel good' chemicals working.

### What if you feel angry with someone?

- Learning ways to control your anger and then using them can make you feel good.
- Learning to stand up for yourself without hurting people feels good too.

What if you feel really scared or really envious because someone else has something you would like for yourself?

- Learning to face your fears and looking for the positive side of each situation can help you feel more positive. Often talking about how you feel to mum or dad or a friend can help.

Did you know that feeling positive leads to more success and less stress?

- Everyone has negative emotions from time to time.

It's **OK** to feel sad, lonely, angry or any other normal human emotion.

It's **not OK** to let negative emotions take control of you.

### Taking charge of your feelings

### **Tell yourself**

- They are my feelings. I am the boss of them.
- It's OK to feel sad, upset, afraid and angry.
- Feeling bad doesn't last for ever.
- I need to think about what I am feeling.
- I can talk about my feelings instead of keeping them inside me.
- I know my body. We work together to feel better.

### **Tell others**

- Talk about your feelings.
- Tell the other person when you feel upset.
- Remember that some people find it hard to talk about feelings.
- Talking about your feelings may be scary at first, but it gets easier.
- Talk about your feelings to a trusted adult.
- Talking with others helps you to take charge of your emotions.
- Talking with others helps you to solve your problems.
- Telling others helps you to feel better.

### **Tell your body**

- Breathe deeply and slowly to give plenty of oxygen to your body so that it will be ready to act.
- Give yourself time to think about what is happening.
- Tell that voice in your head how you feel and what you want.
- Get ready to leave if your body is telling you that are not safe.
- Keep talking to trusted people until someone helps.
- We can work together to keep safe.

### **Sorting out upsets**

- Think about feeling upset.

What happened to you that left you feeling upset?

How did you deal with feeling upset last time?

Did it work?

- If you said no to the last question then think about how you could deal with being upset this time.
- Remember, you are choosing to feel upset so you can choose to feel better.