Think for the Future

# WOW Pack

## Emotions

This pack has been put together in response to the current situation to support students and staff during school closures. We will be producing packs multiple times per week on a variety of topics. These will also be released on our social media, see our accounts below!


0115 718 0399

www.thinkforthefuture.co.uk

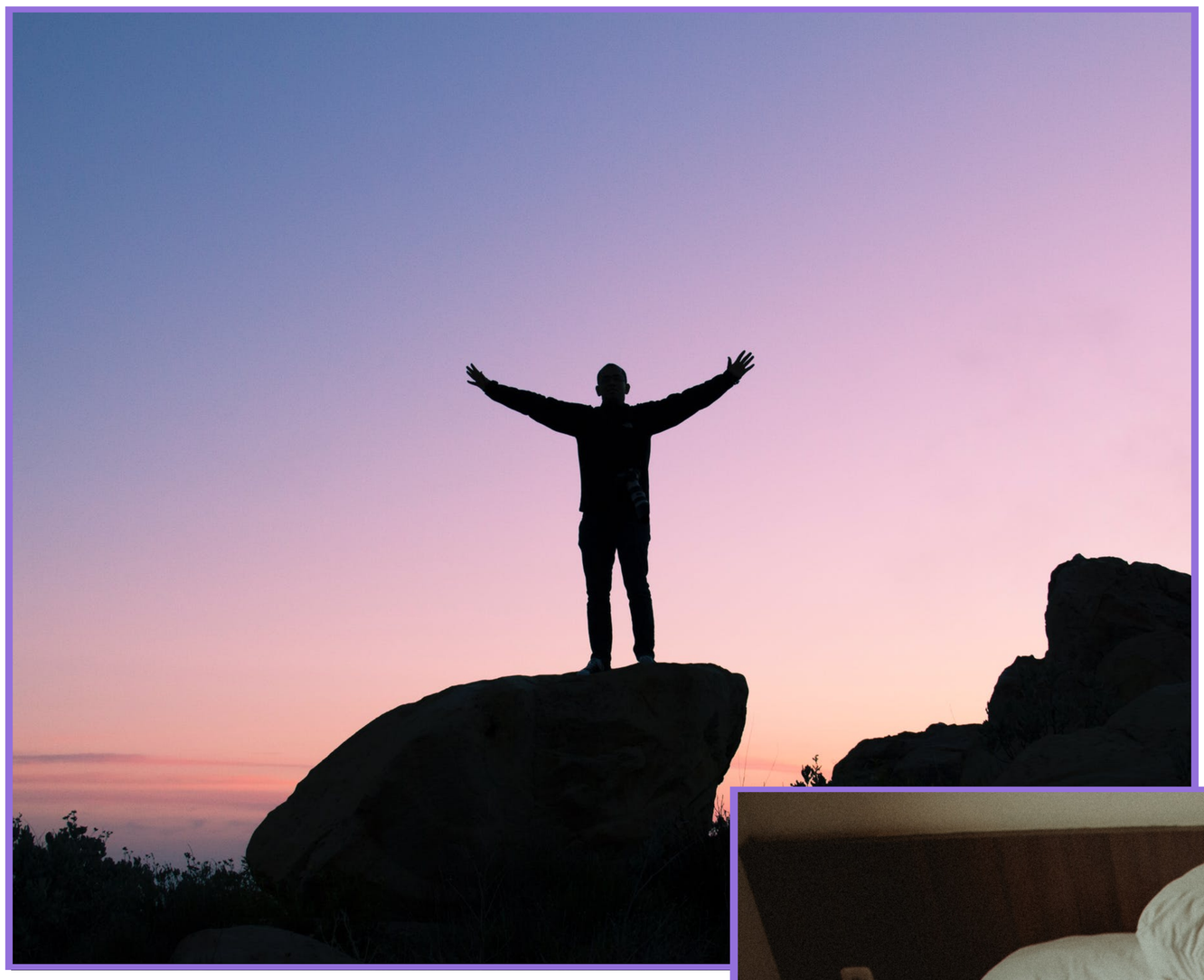
contact@thinkforthefuture.co.uk

@TFTFuture

# Think about it: Emotions

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How do these images makes you **feel**?








What we look at can have a powerful impact on the way we feel. We look at so much throughout the day; news stories, Instagram, YouTube, TV programmes, and it all affects our emotions and how we feel!

Looking at things that inspire us can motivate us to achieve our goals, increase our productivity and improve our well-being. Looking at something that evokes negative emotions can makes us feel sad, demotivated and angry.

**Is what you're looking at everyday encouraging positivity?**

# Emotions

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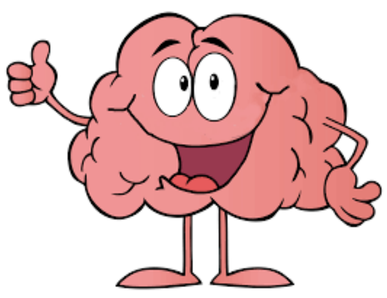
The biggest advice I can give to anyone young or old, are a few words I have found to be very humbling at all times of life. “This to shall pass”. Everything I am feeling, all the emotions, the struggle that I am going through and the burden I am baring right now “This to shall pass”. I never understood it fully until now but it gave me some sense of peace. A sense of understanding how temporary emotions can be and how it will be up to me to move forward and find myself within this tough time. A stronger version of me, a bigger and better version of me. A part of me that which I had yet to see, feel and understand.

So, today I tell you; whatever you are facing today, whatever the situation, however bad or challenging the environment, don’t give up, find yourself, speak to yourself and guide yourself with these words, THIS TO SHALL PASS! This is not the end for you or for me. We have more to teach and even more to learn. We have so much to accomplish and we can only do that by being that positive mindset, colourful action, dedicated presence in our community.

## What are emotions?

We are aware of our emotions from bith. Infants and young children respond to emotions with facial expressions and actions like laughing and crying. The older we get we become more skilled at identifying our emotions and putting them in to words, though this can be really hard!

Emotions can come and go and they can feel anything from mild to intense. Some emotions feel positive like feeling happy, loving, confident, inspired and cheerful. Other emotions can feel more negative like feeling sad, angry or worried. There are no good or bad emotions but there are good and bad ways of dealing with our emotions.



## What happens in our brain?

Emotions are the driving force behind our behaviours. Click here to have a look how our brains have a part to play in this!

https://www.youtube.com/watch?v=xNY0AAUtH3g

## Coping Strategies

Coping strategies are actions we take - consciously or unconsciously - to deal with stress, problems or uncomfortable emotions.
Unhealthy coping strategies tend to feel good in the moment, but have long-term negative consequences. Healthy coping strategies may not provide instant gratification, but they lead to t lasting positive outcomes.

**Examples:**

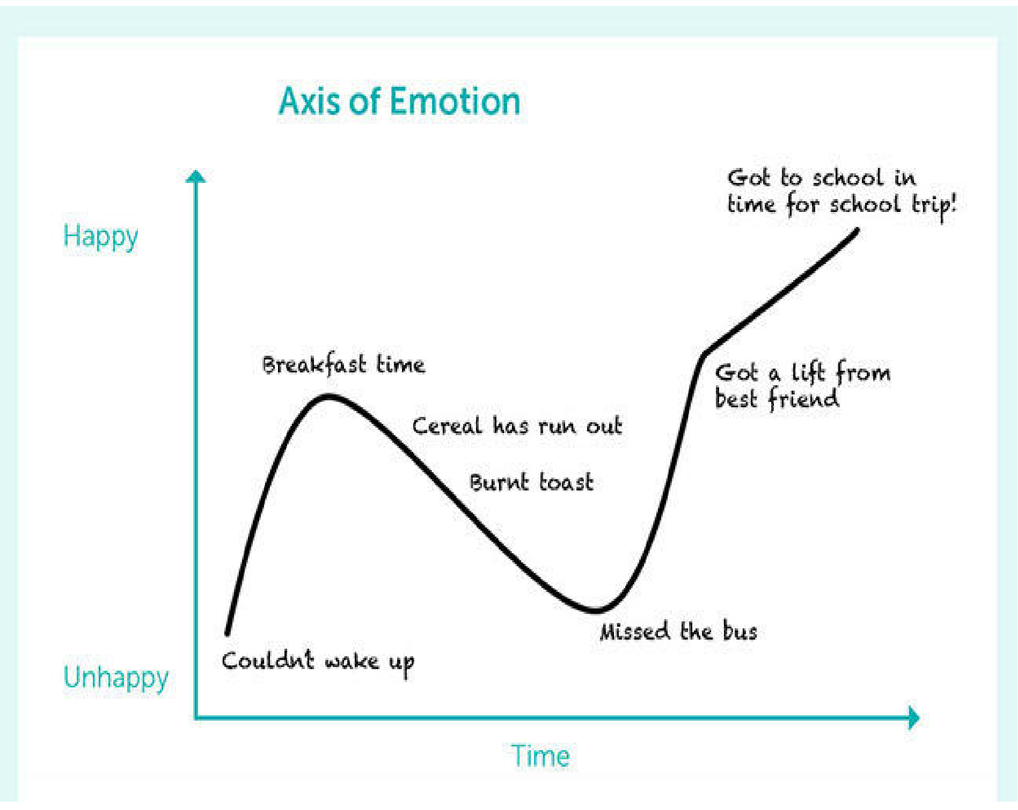
**Unhealthy** coping strategies:

- Overeating
- Procrastination
- Sleeping too much
- Sleeping too little
- Social withdrawal
- Self-harm
- Aggression
- Drug or alcohol abuse

**Healthy** coping strategies:

- Exercise
- Talking about problems
- Healthy Eating
- Seeking help
- Relaxation
- Using social support
- Problem solving techniques

## How our emotions can change




Our emotions can sometimes feel like a roller-coaster, going up and down! They can change throughout the day, it is important we are able to recognise our emotions and know a healthy way to deal with them.

## Don't keep things bottled up!

It can be hard to talk about your emotions but keeping them in and not talking about them can make things more difficult. Click here to take a look at this video to see how just how important it is!

https://www.youtube.com/watch?v=9O3gVyfAvac

# 5 Ways to Manage Big Emotions

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Sometimes we can be feeling emotions that we are not sure how to deal with. Here are 5 easy steps to help us manage our emotions when we might be unsure what to do!

Take 3 deep breaths or count to 10 slowly

Use my word to say how I feel and what I wish would happen

Ask for help to solve the problem

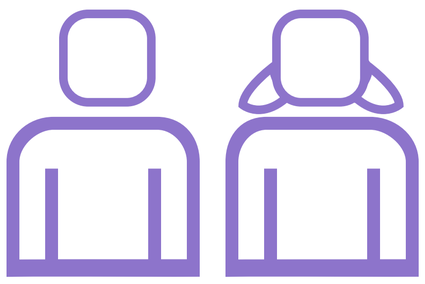
Remind myself it is never right to hurt others



Take time to calm down

# Emotions Top Tips

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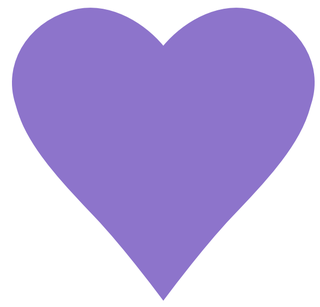


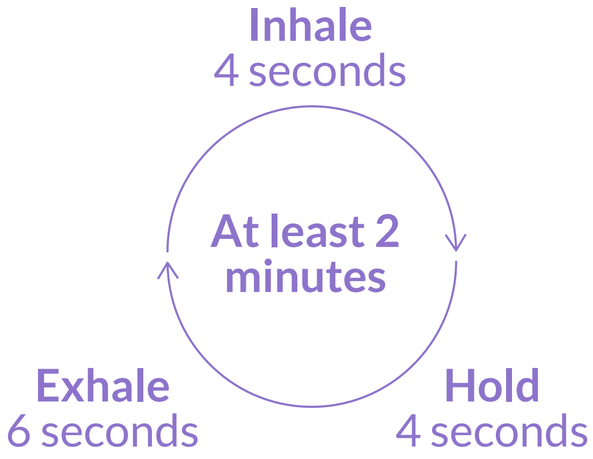
## Talk about it

Most people bottle up their emotions, scared to tell anyone until it is too late!
We then explode with anger or sadness, when we feel scared or vulnerable.
It is okay to feel those things, but we need to tell people and talk about it. Tell those you live with when you're struggling and they can help you process those feelings and distract you if needed.

## Be kind to yourself

What helps you relax? A bath? Playing a video game? Cuddling your dog? Now is the time for comfort! When you've achieved your goals for the day reward yourself with something which calms you down. Ending your day as relaxed as possible will help you ensure you're getting enough sleep, which help keep those emotions in check!






## Relax

If you struggle to relax, try a breathing exercise which provides both immediate and long-term relief from stress and anxiety.

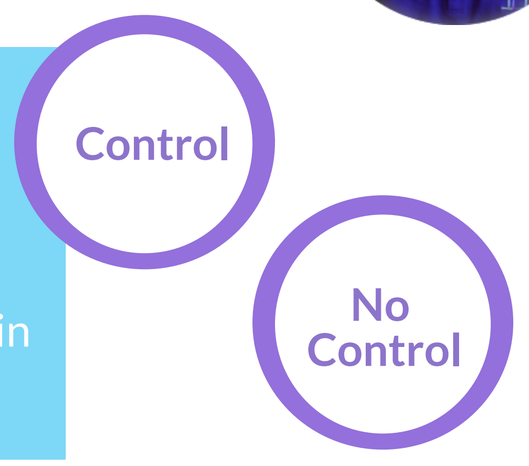
Watch this video from our mentor Alex to show you how it's done:

https://youtu.be/EcFWCIf5VT0



## Circle of fear

How much of our time are we spending worrying about something we have no control over? Perhaps it's your school work, your exams, or not being able to see your friends!
Draw two circles: a circle of control and a circle of no control. Fill them with things in your life that you worry about. Now you can see the things you can do something about and those that, no matter how much you worry, you cannot change.






## Document it

It is normal during times of uncertainty to feel fear of the unknown.

Allow yourself to worry, put it down in writing, create a scrapbook of how your feeling, what you've been doing, what you've been watching/learning/reading. Create a diary to show your friends, family and future kids of what life was like in 2020!

## Coping strategies

We all have our tell-tale signs of being stressed or anxious... Perhaps you get distracted, sleep to much or want to eat all the snacks!

These are unhealthy coping strategies, and will have consequences in the long run. Write a list of what you could do instead and encourage yourself to focus on these next time you're feeling down.



# Take on the Challenge!

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Below is a challenge for you to take on after everything you have learnt from this WOW pack!

Complete the challenge and tag us in your answers on Facebook, Instagram or Twitter @TFTFUTURE

**Step 1**

Draw a selfie that shows how you are feeling right now



**Step 2**

Complete one of the actions from our Top Tips page



**Step 3**

Draw another selfie of how you are feeling after completing



**Tag us in your completed selfies and let us know which of the Top Tips worked best for you!**

# Where else to look...

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## Click on the icons below!

YOUNGMiNDS

DITCH THE LABEL

THE MIX

TeensHealth℠

kooth

ChildLine 0800 1111