How Do You Express Yourself?

*“When we direct our thoughts properly, we can control our emotions.”*

*-W. Clement Stone*

**Types of Emotion**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are a state of mind coming from one's situation or relationships with others.

What are some types of emotion?

-Anger, fear, sadness, happiness, and excitement

-Others are, love, joy, hate, jealousy, guilt, & loneliness

**Emotions**

Sometimes you can have multiple emotions all at one time.

This can affect your decision-making and how you interact with people.

It is \_\_\_\_\_\_\_\_\_\_\_\_\_ to know that your emotions affect all sides of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

**What causes our Emotions?**

Emotions are triggered by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

-You could finally get noticed by your crush.

-You could get cut from a school sports team.

-Your parents ground you for the weekend.

-You could receive an ‘A’ on a big test.

You could easily have all these emotions in one day. These are called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Emotions and Your Health**

A big part of your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is learning how to handle your emotions in a healthy way.

Holding your emotions inside can harm all sides of your health triangle.

It can cause you to become sick, lose focus, and have negative outbursts.

**How to Express Emotions**

Step 1: Name the feeling

Step 2: Understand the \_\_\_\_\_\_\_\_\_

Step 3: Talk with family or friends

This can also be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the source.

Step 4: Redirect Your Energy & \_\_\_\_\_\_\_\_\_\_\_\_

Engage in Physical Activity

Change your \_\_\_\_\_\_\_\_\_\_\_ by- Listening to music, writing in a journal, or watching a movie