

Session 3.4: Managing feelings

Activity sheet 3.4.1: Managing feeling angry

Sometimes, it is hard to manage feelings.

The hardest ones are being angry, scared and sad.

If you start to notice that you are getting feelings and sensations in your body, you can do something about it before it gets too hard to manage.

Angry

Anger is particularly difficult to manage. Talk about what to do when you are angry.

- You can ask for help.
- You can talk to someone.
- You might want to be on your own for a while.
- You can do something to relax like listen to music, colouring, drawing, going for a walk, watching sport on the television or something else.
- You might need to walk away from someone or something.

Write down one of your ideas.



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When I am angry I can

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Activity sheet 3.4.2: Managing feeling scared

Talk about what to do when you are scared.

Write down one of your ideas.



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When I am scared I can

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Activity sheet 3.4.3: Managing feeling sad

Talk about what you can do when you are sad.

Write down one of your ideas.



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When I am sad I can

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Activity sheet 3.4.4a: Ways to manage your anger 1

Anger is particularly difficult to manage. If you notice you are getting angry a lot or you find you cannot control your anger you can get extra help.

- You can go on an anger management course.
- You can get counselling.
- You can talk to your teacher or keyworker for help.
- You can read the ideas here, 'How to manage your own anger'. Your group leader may need to explain some of the ideas.

Activity sheet 3.4.4b: Ways to manage your anger 2

- Stop and think before you do or say anything.
- Talk to someone about what you are feeling and the situation you are in.
- Don't let anger build up. If it does it may 'explode'. Talk to someone before this happens.
- If you know that certain things or people will lead you to being angry, avoid them if you can. Be friends with those you feel comfortable with instead.
- Walk away from difficult situations.
- Express anger safely, for example thump a pillow.
- Get plenty of sleep.
- Get plenty of exercise.
- Do things that make you feel good about yourself.
- Learn to say 'no' to people. Don't let others push you into doing things.
- Avoid alcohol and drugs. These can make you lose control.
- Learn to relax. You can do relaxation exercises every day.
- Ask for what you need.
- Learn to think differently about yourself. If someone upsets you and says something nasty about you, you can ignore it or ask someone else to help you think good things about yourself. The person might just be in a bad mood.

Activity sheet 3.4.5: Sam

Sometimes, we get angry because we do not have all the facts. Sometimes, we start thinking negative thoughts.

Talk about the following:

Sam is walking down the road and sees a friend on the other side. Sam waves but the friend doesn't wave back. Sam gets angry and thinks that the friend doesn't like him. He then gets even more angry and thinks that no one likes him.

Think:

1. Sam's friend usually wears glasses but he isn't today. Maybe he didn't see Sam. Can you think of other good reasons Sam's friend didn't wave?
2. Even if Sam's friend doesn't want to wave, does it mean that no one likes Sam?
3. What do you think Sam should do?

Activity sheet 3.4.6: Emma and Susan

Sometimes we might get angry, sad or scared because something upsetting has happened. We then think that nothing good is going to happen ever again. This is not true.

Role-play or talk about the following:

Emma is really upset. Her boyfriend has told her he doesn't want to see her anymore. Emma says that there must be something wrong with her and that no boy will ever like her.

Emma talks to her friend Susan.

Susan says that it is OK to cry and to be upset. She says that it is OK to be angry and sad and scared.

Susan says that it does not mean there is anything wrong with Emma and it doesn't mean that all boys don't like her.

1. Do you agree with Susan?

2. What do you think?

Activity sheet 3.4.7: Carl

Sometimes things don't seem to go well. We can be sad, angry or scared. We can then think about whether we can do anything about it.

Carl goes for an interview for a job. He does not get the job. He feels sad and angry. He says he will never get a job.

His tutor at college says that Carl should not give up. He says there are other jobs he can apply for. He suggests Carl asks why he didn't get the job. He says that then Carl would know if he could improve on anything. He says then he would help Carl apply for another job.

1. Do you agree with Carl's tutor?

2. What do you think?

Activity sheet 3.4.8: Sandra and Fred

Sometimes, we can get very angry about something. It may seem very important at the time. Ask yourself if it is really important. Ask yourself how important it would seem tomorrow, or next week or even next year. Some things may not be that important and we can tell ourselves they are not worth getting angry about.

Role-play or talk about the following:

Sandra was in the college café. She was drinking a glass of cola. Fred accidentally knocked into her and the drink got spilled. A little of it spilt on Sandra's jeans. Fred apologised and said he would buy her a new drink.

Sandra is feeling angry especially about the spilt drink on her jeans.

She has a decision to make though.

Should she:

■ shout and scream and call Fred names and get even angrier?

or

■ accept Fred's apology and say that it doesn't really matter?

What would you do?

Activity sheet 3.4.9: What have you learned?

Think about what you have learned about managing your own feelings.

1. What have you learned that you can put into practice?

2. Do you need any more help with managing your feelings?

- Sometimes talking to someone you trust can help you manage your feelings.
- Sometimes counselling can help you sort out what is true and what is not. CBT counselling is particularly good at helping people with this.
- Sometimes anger management courses can help.
- Ask someone if you feel you need more help to manage your feelings.