

MANAGING EMOTIONS

Do you sometimes have a short fuse? Here are some tips for catching yourself *before* you get too upset. These tips will also help you get along better with family and friends.

WRITE DOWN COMMON SITUATIONS THAT UPSET YOU

When you know what makes you upset, you can recognize how you are feeling in the moment before it gets worse.



RECOGNIZE BODY SIGNS

How does your body feel when you are upset? For example, some people feel hot, begin to sweat, their muscles tighten, or feel restless. This is your body telling you it is starting to get upset.

CALM YOUR BODY & MIND

Take slow deep breaths and count to five. Do this until you notice your body and mind have calmed down.

