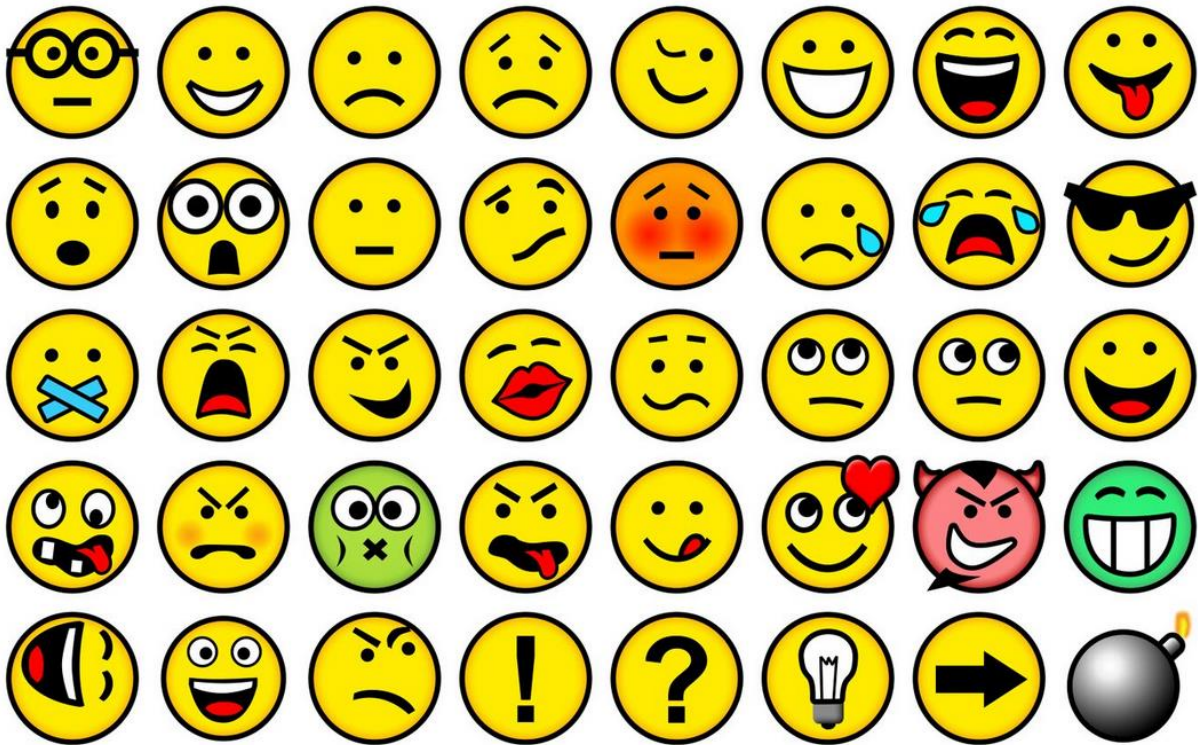


♥ MANAGING EMOTIONS

Learning to cope with, and manage our emotions, is really important in all of life but especially at work. It's a skill which can be developed over time and with help from others. This Challenge will help.

1 CIRCLE THE EMOTICON WHICH DESCRIBES YOU RIGHT NOW



Circle the emoticons which show negative emotions

It can be hard to describe how we feel because sometimes our emotions are complex. But emotions send us important messages and help us connect with others and can be used positively to accomplish great things.

What can you achieve when you feel in a really good mood?



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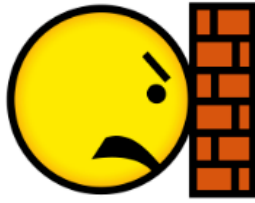
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2 In a small group talk about a recent situation which has been really frustrating for you.

Write down the 2 emotions you felt at the time.

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Sometimes we need help in being able to both understand and control our emotions. Who do you talk to about controlling your emotions?



Do you agree with this quote?

Having the strength to confront your emotions and express your feelings is really important as you grow up and prepare to start work.

3 EMOTIONS IN THE WORKPLACE

It's vital that you get good at controlling your emotions once you start working with others.

WHAT'S YOUR CHALLENGE ?

Ask someone who has a job the following questions:



- What make you angry at work?
- How do you manage to control your emotions at work?
- What's the worst thing that has happened when someone has lost their temper at work?
- How have you learn to avoid situations that would make you lose your temper at work?

4 SPOTTING AND DEALING WITH NEGATIVE EMOTIONS

1) What presses your Anger button?

- What things do others say or do to press your anger button?
- What emotions do you feel when you get angry?
- Are you noticing that as you grow older you get better at controlling how you react? – Why is this?



2) Don't do angry, when you are angry!

We can all get angry – even at work. But there are some things which we can do to manage our emotions and responses:

- Count to 10 before saying anything or walk away from the situation
- Try to really think about why something is making you angry and the choices you have in how you react. Talking to someone else about how you feel can be really good.
- Smile! – Strange as it may sound, forcing a smile on to your face can often make you feel happy and can diffuse another person's anger.

What works for you?

3) How do you recognise when you are frustrated or irritated?

Sometimes feelings creep up on you and you don't know why you feel the way you do. It can be really helpful to become more mindful and **NOTICE** how your body reacts and the patterns which emerge.

Get into small groups of 3 and talk about how you get good at noticing how you feel and how you can develop ways to control your emotions.



How do you give yourself more 'room' to express your true thoughts and feelings about work?
Who do you know who will really listen and help you reflect on how you manage your emotions?



5) What job would you really like to do?

How might you need to control your emotions to do this job?

Are some jobs more stressful than others?

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UNDERSTANDING AND MANAGING OUR EMOTIONS

We all feel lots of emotions, sometimes we are anxious, sad, angry or happy. Take some time to think about what you can do when you feel these things.

