

Different Types of Emotions

Everyday we experience a variety of different emotions. Some emotions are those we like, or prefer, to feel. Others are more difficult to feel. We can classify the majority of our emotions into two different categories: preferred emotions and difficult emotions.

'Preferred' Emotions

These are emotions that make us feel comfortable, relaxed and at ease. Typically, when we feel preferred emotions, it is because things are going the way we want them to.

'Difficult' Emotions

These are emotions that make us feel uncomfortable, conflicted and lost. Typically, when we feel difficult emotions, it is because things are not going the way we want them to.

In the chart below, list some emotions you think are either preferred or difficult emotions.

Preferred Emotions

Happy
Excited
Joyful
Peaceful
Relaxed
Hopeful
Content
Thankful

Difficult Emotions

Angry
Frustrated
Sad
Worried
Afraid
Anxious
Depressed
Overwhelmed

Difficult Emotions: Frustration

Read the scenario written below. Then decide how the person could cope with their feelings- by **KEY** talking, moving or thinking through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #1

You are sitting in your first period Math class on a Monday morning. Your teacher is introducing a new math concept to the class and you are really struggling to understand it. Each time she gives you an example problem to solve, you get the answer wrong. You have been unable to solve any answers correctly for the entire class period! There is only ten minutes left of class and you are really struggling. You are feeling so frustrated! No matter how hard you try, you cannot grasp this new math concept. Then, your teacher announces that you all will have to solve 20 problems for your homework- using this new math concept. You are so frustrated you break your pencil in half!

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think?** Explain why below.

The coping strategy I think would be the most helpful in this situation is 'talk'. If I were in this situation, I would talk to the teacher after class and tell her how I was feeling. I would let her know that I was feeling frustrated and ask her if she could spend time with me during lunch to help me better understand the math concept. I would also talk to a friend in my math class to let them know how I was feeling about learning the new math content. It might make me feel better to hear if they were also frustrated, or maybe they could help me.

Difficult Emotions: Sadness

Read the scenario written below. Then decide how the person could cope with their feelings- by **KEY** talking, moving or thinking through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #2

Your cat has been a part of your family since you were a young child. She is fluffy and gentle and sleeps in your bed with you every night. You love spending time with her while watching TV and reading books. You truly feel like she is a member of your family. One day, you notice that your cat has stopped eating and does not seem to be feeling well. You know that she is getting old and your parents take her to the vet to see what is wrong. When your parents return from the vet, they tell you that your cat is sick and will not have long to live. A few days later, your cat passes away. You can't believe that she is gone. You are feeling incredibly sad each morning when you wake up and realize that she is not there anymore on your bed.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think?** Explain why below.

The coping strategy I think would be the most helpful in this situation is 'think'. Even though I was feeling sad, I would try my best to think of all the happy memories that I had with my cat while she was alive. I would think about the times we had together that made me feel happy. It if was helpful, I would look at photos of my cat to remind me of how cute and sweet she was. Another coping strategy which might help me would be to 'move'. I would go for a walk or a bike ride to try to clear my mind a bit and help me feel a little less sad.

Difficult Emotions: Anxiety

Read the scenario written below. Then decide how the person could cope with their feelings– by **KEY** talking, moving or thinking through it. Choose one, or more, strategies and then explain your thinking on the lines provided.

Scenario #2

You are sitting at home with your family one night when an alert comes on the TV screen. The alert says that there has been a tornado sighting in the area and that you and your family should seek shelter immediately. You all go down into your basement to find a safe spot to sit together. You are feeling very anxious. You are having trouble breathing and your hands are shaking. Your mother tries to reassure you that everything will be fine, but you still feel a lot of anxiety. You have not experienced something like this before and are worried about what might happen next.

Which coping strategy(s) do you think would be the most helpful in this situation: **Talk, Move or Think**? Explain why below.

The coping strategy I think would be the most helpful in this situation is 'talk'. I would tell my parents how I was feeling and why – "I feel anxious because I don't know what is going to happen" or "I feel worried because if the tornado comes close to our house, we might get hurt". If I told my parents how I was feeling, they might be able to talk to me about what they thought was going to happen – which might make me feel better. I could also use the 'talk' coping strategy to talk to myself. I would say, "You are going to be okay. You are with your family in the basement. This is a safe place to be right now. Take a deep breath".

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