

# How to Cope with Difficult Emotions

## Coping Strategies: Talk, Move, Think

When you are feeling a difficult emotion, it is important that you have a variety of coping strategies that you can use to help you. Three coping strategies which will help you to feel better are to: talk, move or think. When you are feeling a difficult emotion, you can use one or all of these coping strategies.

### Talk



Talking to someone you trust about what is bothering you is a helpful coping strategy. You can ask them for help, or just share with them how you are feeling.

### Move



Moving your body is a useful coping strategy which can help you to feel better when you are experiencing a difficult emotion. Walking, running, stretching or biking are just a few ways to move your body when you are upset.

### Think



Thinking of things that make you feel happy and relaxed can help you to feel better when you are experiencing a difficult emotion. You can think of things that are funny or silly. You can also think of people who you love and fun memories that you have with them.

# Difficult Emotions: Frustration

## What is frustration?

Frustration is the feeling of being upset or annoyed, often because something is not going your way.

## When do people feel frustration?

People can feel frustration often and in many different situations. You may feel frustrated for a short period of time, because of something small (losing a game) or for a long period of time, because of something major (your sister broke your iPad and you can't afford to buy a new one).

Think of a time recently when you felt frustrated for a short period of time.  
What happened?

---

---

---

---

Think of a time recently when you felt frustrated for a long period of time.  
What happened?

---

---

---

---

# Difficult Emotions: Frustration

Read the scenario written below. Then decide how the person could cope with their feelings- by **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 are 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.

---

---

---

---

---

---

---

# Difficult Emotions: Frustration

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

## Scenario #2

You spend weeks deciding what to get for your mother's birthday. Finally, you decide to order her a personalized mug to drink her coffee out of each morning. You spend hours creating a collage with pictures of your family on the side of the mug. The day before her birthday, the mug arrives in the mail. You open the box and discover that the mug is broken – it cracked into pieces while in transit. You can't believe it!

You spent so much time designing the mug and used all of your allowance money to pay for it. Your mother's birthday is tomorrow and it's too late to order another mug. You are so frustrated that you want to scream!

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

---

---

---

---

---

---

---

---

# Coping with: Frustration

In the chart below, first read the experience provided. Then, consider what coping strategy would be helpful to you if you were in that situation. Next, circle the strategy which you would choose and then explain your thinking briefly on the lines provided.

Experience	Coping strategy(s) I would choose...		
The WiFi in your home has stopped working	Talk	Move	Think
Your brother/sister keeps borrowing your clothes without asking	Talk	Move	Think
You sprained your ankle the first day of soccer team tryouts and have to sit out	Talk	Move	Think