

Being Emo-chic

Managing your emotions can sometimes be harder than getting out of bed for school in the mornings. There's always the snooze button if you need more sleep but with emotions, the longer you wait to manage it, the worse you'll feel. The information below can help you manage some of the negative feelings you may experience from time to time.

What are emotions?

Emotions may arise spontaneously and can be managed through conscious effort. They are often associated with a wide variety of feelings, thoughts and behaviour.

How do you know you are emotionally stressed?

- When you keep thinking about negative stuff
- When you keep worrying about what you're going to do and what's going to happen
- When you get angry all the time
- When your relationships suffer because of your emotional outbursts
- When you feel physical discomfort

Anger

It's normal for anyone to get angry. However, it's what you do that makes the difference! Knowing your anger style and managing it appropriately enables us to deal with our triggers and problems effectively. So what is your anger style? Do the quiz below to find out.



What's Your Anger Style?

1. When I'm angry at someone, I'll
 - a. Not talk to him/her
 - b. Confront him/her
 - c. Try to reason out peacefully
2. To me, anger is.....
 - a. An inappropriate form of action
 - b. An act of power
 - c. Perfectly normal
3. I cope with anger by
 - a. Ignoring it
 - b. Throwing things around
 - c. Talking it out
4. I describe myself as
 - a. Withdrawn
 - b. Expressive
 - c. Calm
5. I deal with criticism by
 - a. Accepting it
 - b. Arguing to prove that I'm right
 - c. Reasoning it out
6. The times I get angry
 - a. Never
 - b. Always
 - c. Sometimes
7. When I'm angry, I
 - a. Don't show my anger to others
 - b. Show my anger to others
 - c. Occasionally show my anger to others
8. After expressing anger, I
 - a. Don't feel good
 - b. Am still not satisfied
 - c. Feel that I have to explain myself
9. When I am angry, I focus on...
 - a. Myself
 - b. Other people
 - c. The incident

Results

If you have mostly As...

- You would most likely give the silent treatment to people when you are angry.
- You tend to withdraw emotionally.

What can you do?

- **Calm yourself down** by doing something that you feel peaceful with e.g. listening to soothing music.
- **Don't bottle things up!** Keeping your anger for too long makes you unhappy all the time.
- **Summon your courage. Face up** to the problems or the person who makes you angry.
- **Seek help and talk to someone** or write down your thoughts and feelings in your journal or diary.

If you have mostly Bs...

- You tend to get physical.
- You tend to show power and cannot stand being wronged.

What can you do?

- **Calm yourself down** by doing something that can help you release your pent-up energy and frustration.
- **Beware of the angry words and spiteful actions** which may make the situation worse for both or either party.
- Think positive. There could be **misunderstanding or miscommunication**.
- Choose the best solution that would enable you to be able to create a win-win situation that resolves the problem in the most peaceful way.
- **Seek help and talk to someone.**

If you have mostly Cs...

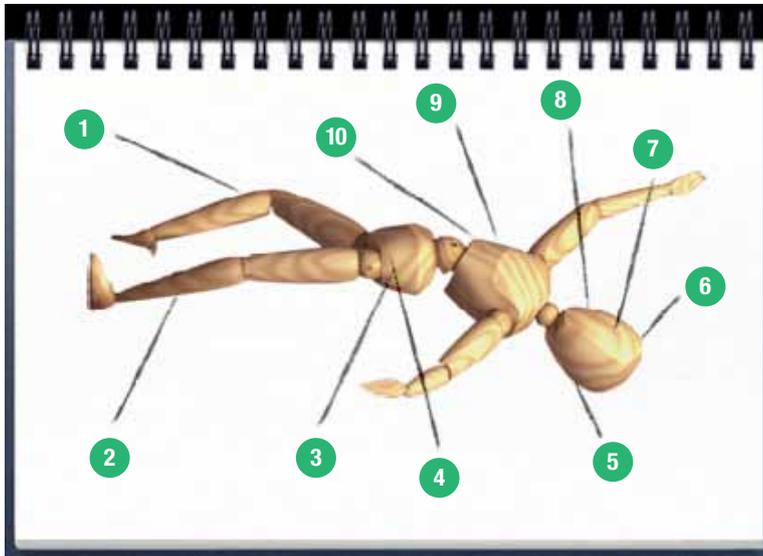
- You stay calm most of the time.
- You know that being angry is normal and it's ok to be angry.

What can you do?

- You've been doing well! keep up the good work and **be mindful of your triggers**.
- Think of many options to resolve the problems. **Being proactive in resolving your problems** can continue to help you manage anger positively.
- Think positive. Being able to see things from many different angles can help you to be less reactive, which you seem to be able to do so.
- Choose the best solution which allows a win-win situation.
- Seeking help and talking to someone should continue to be an option for you to consider when you feel stuck in the situation.

Anxiety

When we get anxious, we feel worried and uneasy. One common form of anxiety is exam anxiety. We feel anxious before exams because we are worried we will not do well. But not all anxiety is bad. Having some level of anxiety can help prepare and motivate us to manage challenges. However, if we do not manage our anxiety, it turns to fear which can affect our ability to function efficiently.



Recognise the signs of anxiety:

- 1 Skin Issues
- 2 Lethargy
- 3 Constipation / Diarrhea
- 4 Gastric / Acidity
- 5 Numb / Ringing ears
- 6 Can't Sleep
- 7 Can't think
- 8 Fearful
- 9 Flu like symptoms
- 10 Body aches



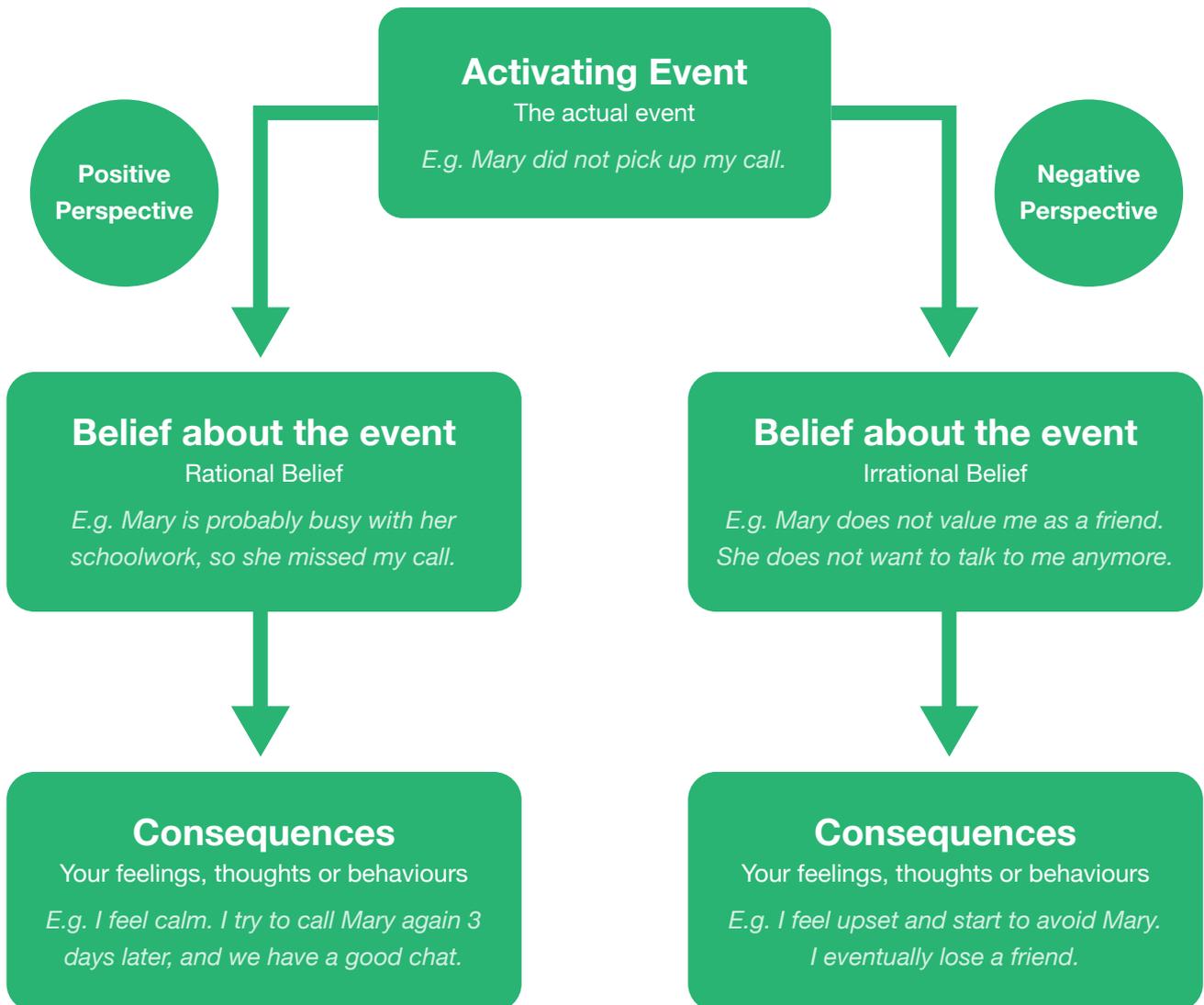
You may be experiencing anxiety if you experience the following:

Perspiration, Sweaty palms, Headache, Stomach upset, Rapid heart rate, Tensed muscles

WHAT CAN YOU DO?

- Calm yourself down with easy relaxation techniques. Try deep breathing exercises and count from 1 to 10 until you feel more relaxed.
- Listen to soothing music.
- Think about a place, person, pet or anything that can make you feel better.
- Think positively to help reduce your worries and uneasiness. This helps build your confidence to deal with the problem. You can use the ABC model to help you see the situation in a more positive perspective.

The ABC Model



As you can see, how you think affects how you respond to different situations. It may affect your feelings, thoughts and behaviours, which may result in a positive or negative consequence. The ABC Model can help you to discern if your anxiety is a **rational or irrational** response.

(Source of ABC Model – Aaron T. Beck)

Sadness

Like anger and anxiety, sadness is another common emotion we experience. It can be triggered by conflict, loss, rejection, disappointment and failure. It's alright to feel sad or even feel like crying. You may find that being able to express your emotions positively and doing things that comfort you can make you feel better.

✂

Your comfort to-do list:

1. Movies that make me laugh _____
2. Sports or exercise that I enjoy _____
3. My favourite life quote _____
4. My idol _____
5. Places that can calm me down _____

Keep this list with you and refer to it whenever you feel sad.

Focusing too much on sadness can hamper you from solving the problem.

Although it's alright to feel sad once in a while, **we should not allow sadness to take control.**

WHAT CAN YOU DO?

- Calm yourself down by going for a walk and enjoy some sunshine and fresh air instead of being cooped up at home.
- Think of the many options on your comfort to-do list. Think of ways that can help you resolve the problem.
- **Think positively!** Things may not be as bad as it seems. Pessimism may keep you from seeing the hope that's present. **Try to see things from a different angle.**
- Choose the best option that would help you feel better and improve the situation.
- **Seek help and talk to someone** or write to a trusted person for support.