

Name

Date

Managing your Emotions:
Get more good things in your life

Under each heading write three things

That make you unhappy	That make you happy
That make you angry	That calm you down
That bore you	That excite you
That bring you down	That give you a boost
That make you anxious/stressed	That make you relaxed

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Managing your Emotions:

Calming Down

It takes 2 Hours to calm down after you have been feeling angry so there is a risk that you could become angry again within this time

Try using healthy techniques that work for you to help you calm down

- Remove yourself from the situation that is making you angry
- Do something [see below]

Physical Activities



Non Physical Activities, Arts/Music etc

- Speak to the person who has made you feel angry using this technique:

"I was feeling

because

I would like to happen/not to happen in the future