



# Session 3

# Understanding Emotions



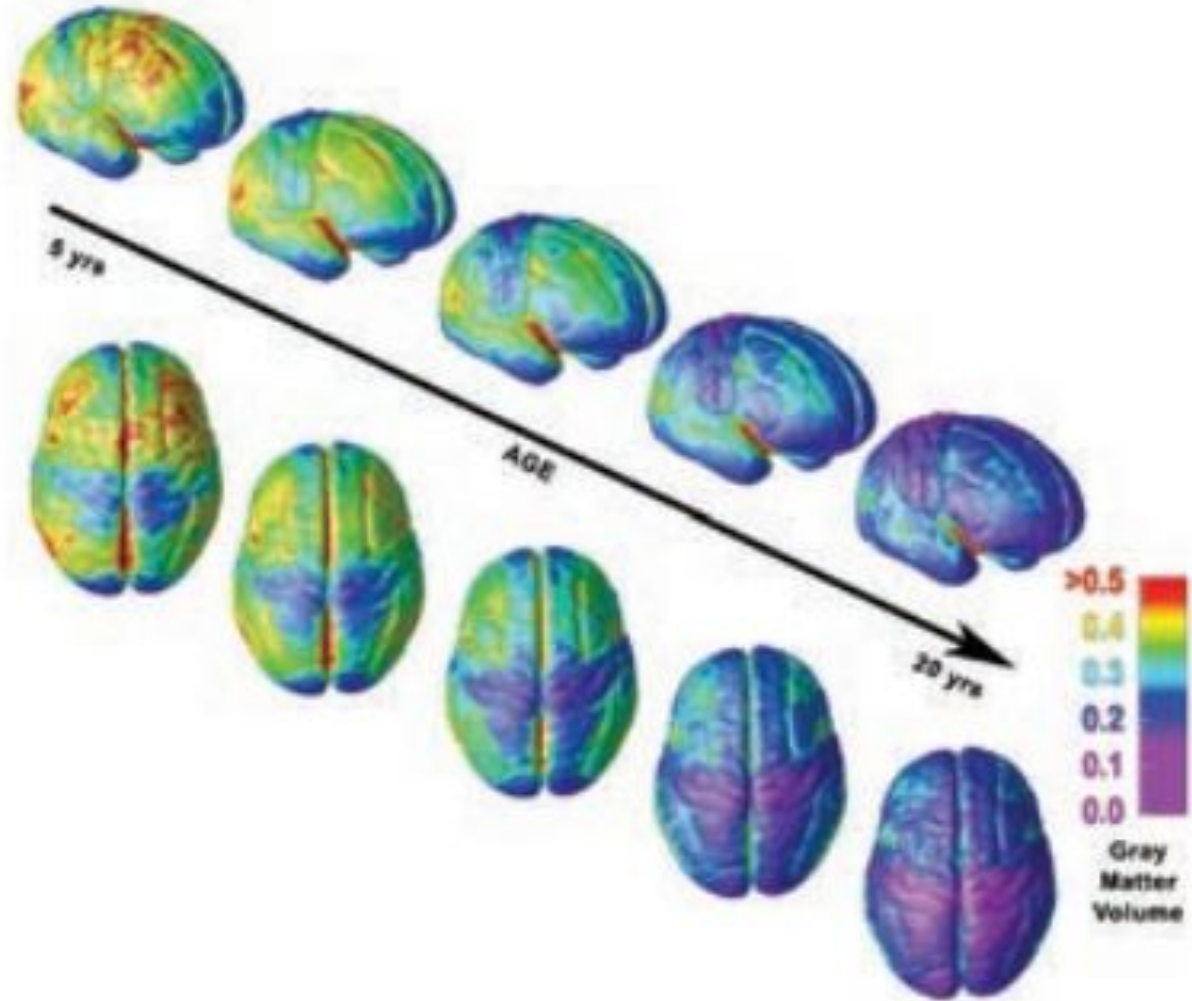


As a toddler your brain started making connections.

As a teenager your brain starts to change a lot.

The teenage brain is developing stronger connections between neurons.

It is great at learning, but it can also cause you some challenges as you get older...





Our emotions are like striking a match. Sometimes they are a quick reaction and then burn out quickly and sometimes our emotions are triggered and it lasts longer and seems to set off a whole bonfire...

Something significant



**EMOTION**



Physical changes



**Attention!**

Analytical thoughts



**Decision**  
- action or no action?



When we have strong emotions, it can be very tricky to manage.

So what can we do if our emotions overwhelm us?





It is firstly important to realise that it is ok to have emotions, even if they are very strong and overwhelming. This is part of what makes you human!

It can also be helpful to know what we might find emotionally overwhelming...





Sometimes things in life make us think that our head might explode. Think about the things that might make us feel that way.

Arguments with people

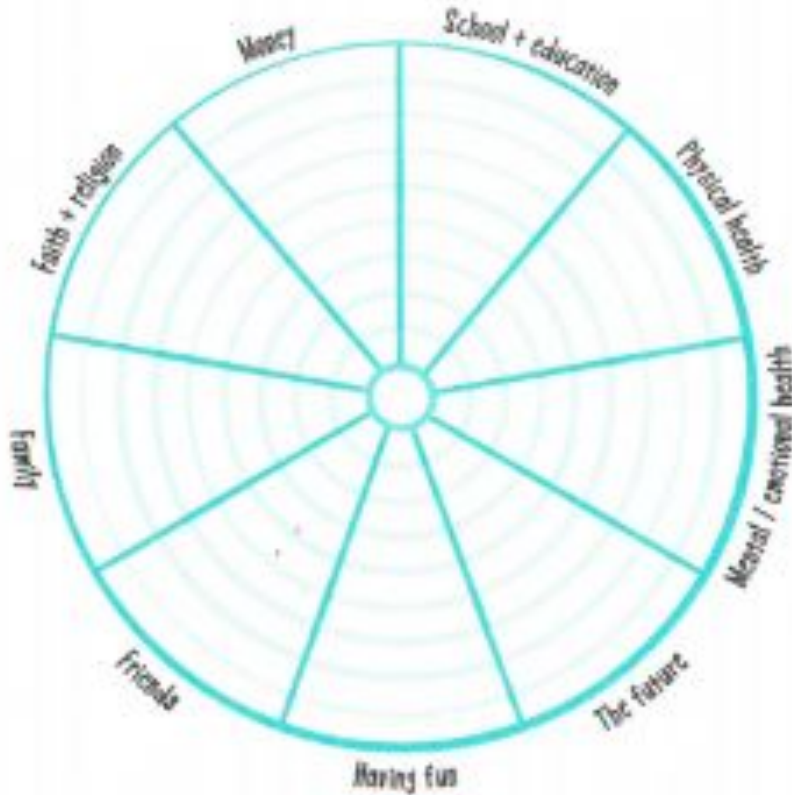
Too many deadlines



Not enough sleep

Complete your own ideas too. If we know what stresses us, it is easier to manage the emotions.

In life we all have different priorities and therefore different things that might cause stress.



Think about your priorities and colour in each segment of the life wheel from most to least important. What do you learn about your priorities from this?

A blue sky with white clouds. A white circle is drawn around the text in the center. The text inside the circle reads: "SOMETIMES YOU JUST HAVE TO FEEL IT & TRUST THAT IT WILL PASS". The word "FEEL IT" is underlined.

SOMETIMES YOU  
JUST HAVE TO  
FEEL IT  
& TRUST THAT IT  
WILL PASS

@jessrachelsharp

Sometimes you  
simply have to  
embrace the  
difficult emotion  
in the  
knowledge that  
it will soon pass!

# WHAT MAKES YOU FEEL LIKE YOUR HEAD IS GOING TO EXPLODE?

Colour in the image below and write down or draw as many things you can think of that make you feel like your head is going to explode.



# WHAT MATTERS TO ME

Everyone has different priorities in their lives - for example, having fun might be more important to you than looking ahead and thinking about the future.

Colour in each segment of the life wheel below from most to least important. What have you learned about what your priorities are?

