HOW TO MANAGE MY EMOTIONS

STEP 1: PAUSE
Pausing is an important step because instead of acting on your feelings right away, or letting them make you feel overwhelmed, you give yourself time to reflect and think things through.

STEP 2: ACKNOWLEDGE WHAT YOU’RE FEELING
It is important to name the discomfort you are feeling and to understand where it is coming from. Whatever it is that you are feeling, it is okay to feel that way.

STEP 3: THINK & DO
Now that you have taken a few moments to figure out what you are feeling, think about, how you can make yourself feel better. Is there anything practical that you can do to change the situation that is causing you discomfort? Follow your own advice and do some of the things you came up with.

STEP 4: CONNECT
Talk about your feelings and process your thoughts and reactions with someone else who will understand. Try not to remain isolated; having people that you can talk with when you need support can help you manage difficult emotions.

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