

## Healthy Emotions

### Slide 1

Explanation of what CAPSA is, what services they provide for the community, and what the prevention educators do to prevent sexual and domestic violence.

This slide is where we make the verbal disclaimer that out of respect for the participants in the presentation, we will keep anything said confidential to the extent provided by Utah law. This means that if a minor, or vulnerable adult (person with disability or elder) discloses experiencing or witnessing abuse (which includes committing domestic violence in the presence of a child, rape, and sexual assault), a report must be made to law enforcement and/or Division of Child and Family Services. Addressing the mandatory reporting laws gives the power to the participants – they can make informed decisions about what they are willing to share and there won't be a breach in trust if a participant's disclosure results in a report.

### Slide 2 – Emotions (BODY)

Introduce today's topic. Healthy emotional regulation. We all experience stress in our lives, so it's important to be able to recognize and appropriately handle tough emotions. Today we will talk about the natural range of emotions that we experience and learn skills to handle some of the tough emotions.

Ask the class "what is an emotion?" Have a discussion that emotions are "natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others. Emotions are physical and instinctive. Their general purpose is to produce a specific response to a stimulus. For example, fear is an emotion we have developed to help keep us safe.

### Slide 3

Now we will watch a video from Inside Out as a fun way to transition into the conversation. As we are watching the video, write down the purpose of each emotion that you see. Hold a discussion on the purpose of each emotion.

### Slide 4 – Feelings (MIND)

Ask the students what emotions were shown in the video. Talk about how there is a lot of debate about how many emotions we have as humans, but that today we are going to talk about the 6 most common emotions: anger, sadness, joy, disgust, fear, and surprise. Explain that although we have 6 main emotions that we experience, there are countless different FEELINGS that we experience as a result of emotions. Feelings describe emotions. Feelings are the mental associations and REACTIONS to the emotion that are personal and acquired through experience and are shaped by our individual temperament. They also vary from person to person and from situation to situation.

Now we are going to do an activity where we will explore the different feelings that we may experience as a result of emotions.

- Choice 1: Break the class into 6 small groups and have them come up with as many feelings that they can that describe their chosen emotion (anger, sadness, joy, disgust, fear, and surprise).

- Choice 2: Give each student a “feeling wheel” sheet and have them all fill out as many feelings that they can that describe all the emotions.

Hold a discussion on the way we react to different emotions.

### **Slide 5**

As you transition into this slide, talk about how today we will be talking about one emotion that is particularly hard to handle: Anger. Anger is an emotion that we experience sometimes. You’ll feel angry towards your friends, family, partner, coworkers. That’s OK. You have a right to anger. No emotions are bad (because they are natural and instinctive). How you choose to deal with that anger is the important part and can make the difference between healthy and unhealthy.

### **Slide 6**

Can anyone tell me what a hot button is? A hot button are those things that make you angry whenever you feel, see, or hear them (AKA pet peeves). Hot buttons are the things that irritate you, get under your skin, or in other ways that make you feel angry. Provide examples of your hot button (mine are someone who lies incessantly, people who are cruel to others,

Ask students: what are some of your hot buttons?

Talk about the importance of recognizing what makes us angry, so that we can appropriately deal with it.

### **Slide 7**

Hot buttons cause us to be angry. Sometimes, however, we don’t realize how angry we are until we’re about to explode. If you’re going to control your anger and use it in positive ways, then it’s important to know your hot buttons. Our body gives us clues that we’re angry, both physical and psychological.

There are two different types of anger: immediate and pent-up anger. A hot button is pushed and right away you’re angry (immediate). Sometimes, your anger builds up and grows over time, until you feel like it consumes you.

First let's talk about immediate anger. Ask the students what immediate anger feels and looks like.

### **Slide 8**

Pent up anger is often difficult to recognize. People may not recognize their feelings as anger and tend to deny it.

Being able to identify your own physical and psychological cues to anger, you’ll be able to deal with that anger, rather than just feeling out of control.

### **Slide 9 – Possible Activity**

How you deal with emotions, especially anger, will affect you for the rest of your life. How you deal with anger as a student, a friend, a partner, and an employee will have a big impact on your relationships with others, your health, and overall who you decide to be in your life.

- Think about a time when you were angry. A time you wouldn't mind sharing with other people. Think about:
  - What made you angry (the hot button)
  - How you knew you were angry (immediate or pent up response)
  - What you did as a result of that anger
- Turn to your partner talk about the situations. Together come up with a list of positive, nonviolent ways that you could have responded to that situation.

### **Slide 10**

What are some ways you can deal with anger right away? Write suggestions on the board. What are some ways that we can deal with anger later? Write suggestions on the board.

Anger can be a positive thing if you handle it carefully. It tells us that we may be uncomfortable, upset, or sad about something that is happening. But if we don't handle it appropriately it's likely to become a dangerous situation for others and yourself. Anger can tell a lot about you. Denying that you are angry is not a good way to deal with anger. If you're angry, it's important to acknowledge that feeling and let others know that we don't support or enjoy the current situation that is making you upset. The important thing is to stay positive.

### **Slide 11 – Possible Activity**

Explain that anger is controllable. You chose the actions you take when you're angry. You can teach yourself to do things that reduce your anger without hurting others or yourself. Controlling your anger is easier when you recognize what makes you angry, when you identify your own physical cues to anger, and when you have calming strategies in mind for dealing with anger.

- Short mindfulness/meditation activity

### **Slide 12**

Here is where we will talk about being Upstanders when people around us are experiencing tough emotions. We can help when people are experiencing sadness, depression, or other mental health struggles. We can also help when our friends are experiencing anger. Hold a discussion on ways that we can be Upstanders when people around us are experiencing tough to handle emotions (be a support, educate and share local resources, don't excuse inappropriate behavior "blamed" on emotions).

### **Slide 13**

Wrap up by talking about how controlling anger keeps us from abusing and hurting others and ourselves. Learning how to manage anger and other tough emotions will be a skill useful throughout our entire life. Conclude by sharing local resources, as well as having other resources available.

## **Upstanding Scenarios**

You're at a party when someone begins insulting you. Despite everyone's best efforts to ignore these obnoxious comments, one of your friends is becoming more and more irritated. You know your friend has a history of losing their temper.

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You notice a friend has been very down lately. They have been withdrawn and are not as active or social as before.

A friend Alex calls you on the phone crying hysterically because their partner Riley just broke up with them. You know it was their first serious relationship and they did everything together.