



Remote  
Health



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Course Materials

# Dealing with strong emotions

A guide for young people





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- What are emotions ?
- Emotions of young people
- Effects of uncomfortable emotions
- How do deal with strong emotions



What are emotions? (1)





## Definition

Emotions are reactions to events that we automatically evaluate .

This evaluation happens mostly subconsciously and is informed by our experiences and memories .





## Definition

- There are seven basic emotions: joy, anger, disgust, fear, contempt, sadness and surprise
- Emotions influence how we behave and what information is stored in our brain
- Emotions play a role in every decision we make

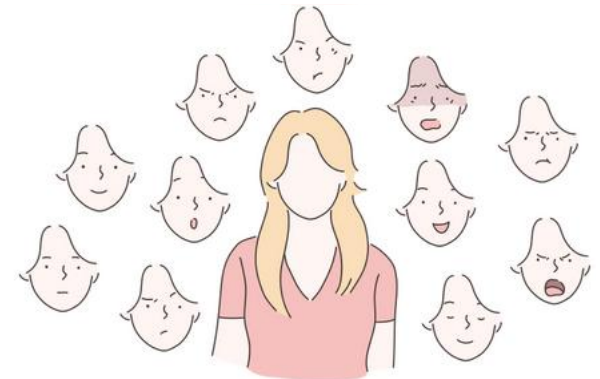


What are emotions?



## Why do we need emotions?

- Emotions mobilize the brain differently depending on which emotion dominates
- By expressing emotions, we share our inner world with others and improve our understanding of others because we can understand the emotions of others through our own emotions
- Emotional reactions inform us about our needs





## Emotions in young people (2)





## Why are emotions particularly strong in young people?

### ↳ Hormonal changes:

Your hormones amplify your mood and emotional reactions, meaning you are more easily influenced by emotions

### ↳ Stress:

Stress can intensify your emotions and affect your ability to cope



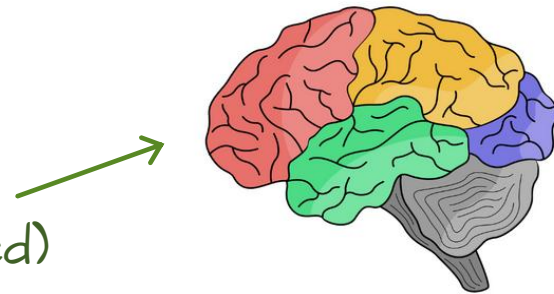




## Why are emotions particularly strong in young people?

↳ **Self-control :**

The part of your brain called  
frontal cortex (marked in red)



Is not completely developed until about your mid twenties.

So it can be difficult for you to control how you express your emotions and to discern the consequences of your actions.

The frontal cortex is responsible - among other things - for your conscious actions and your powers of self-control.



## Effects of uncomfortable emotions (3)





Unpleasant emotions such as loneliness, anger, sadness or fear are not inherently negative because they make us aware of our needs.

E.g. the need for peace, friendship, harmony, security, safety or approval.





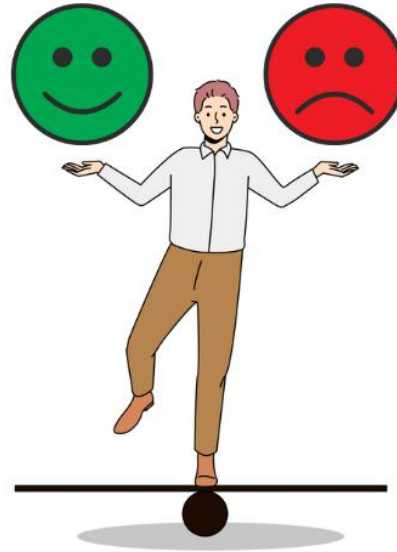
However, if these needs are not adequately met, those unpleasant emotions remain permanently and can make us sick.

If unpleasant emotions do not subside, they cause a stress reaction in the organism. This can

- ☞ weaken your immune system and cause or worsen various physical illnesses
- ☞ and/or lead to mental illness



## Dealing with strong emotions





## Self-reflection <sup>(4)</sup>

Self-reflection means questioning and analyzing your own thoughts, feelings and actions. Here are exercises that can help you:



### Journaling :

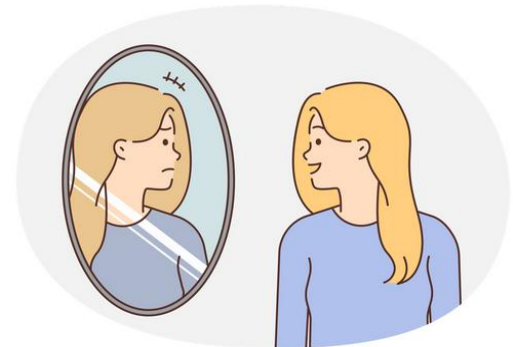
Take time every day to write down your thoughts and feelings. Reflect on the past 24 hours and work on your personal growth.



## Self-reflection <sup>(4)</sup>

### Self-talk :

- ☞ Question your unpleasant thoughts and emotions
- ☞ Meditate on positive things, plan your next steps and think about who can support you
- ☞ Learn from past experiences to help you grow and make good decisions in future





## Communication (7)



- Find someone you trust, like a friend, family member or teacher, whom you can share your thoughts and emotions with
- Sharing your emotions can make them easier to bear and relieve stress





## Relaxation techniques <sup>(8)</sup>

### Breathing exercises :

- ☞ Breathing exercises can help reduce stress
- ☞ Through conscious breathing you can also relieve muscle tension, increase your energy and improve blood circulation





## Relaxation techniques <sup>(8)</sup>

### Mindfulness exercises :

- ☞ This way you can learn to focus on the moment, let go of unpleasant thoughts and find clarity
- ☞ Mindfulness exercises also help you to become more aware of your emotional and physical needs





## Relaxation techniques <sup>(8)</sup>

### Progressive muscle relaxation :

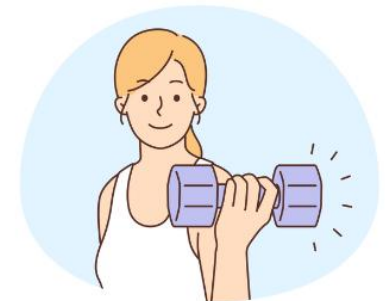


- ☞ Lying or sitting down, you can use this technique to tense your muscles one after the other and then relax them again
- ☞ This technique helps you reduce inner restlessness, agitation and tension by addressing the interaction between stress and tension



## Physical activity <sup>(5)</sup>

- ☞ Choose a sport that you enjoy and that suits you
- ☞ Make sure not to overexert yourself and adapt your training to your individual performance level
- ☞ You can increase the effect even further by consciously ensuring relaxation afterwards





## Self-care (6)

Self-care means taking time for things that help you live well and improve your mental and physical health:



- ☞ Take time to identify your needs.
- ☞ Sit down and think about what is good for you personally
- ☞ Schedule regular times for yourself and note them in your calendar
- ☞ Practice setting boundaries, both in private and at school



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