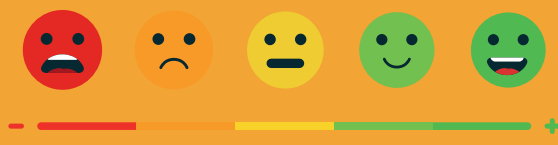


DEALING WITH STRONG EMOTIONS

Emotions



Emotions = reaction to events that we automatically evaluate

- Evaluation is based on our own experiences and memories
- Seven basic emotions: Joy, anger, disgust, fear, contempt, sadness and surprise
- Influence behaviour and memory
- Play a role in every decision

Why are emotions particularly strong in young people?

- Hormonal changes
- Stress
- Developmental phase of the frontal cortex



Negative effects of strong emotions

- Illnesses and deterioration in health
- Weakening of the immune system due to chronic stress
- Influence on the nervous system, gastrointestinal and cardiovascular complaints

Dealing with strong emotions



- Self-reflection through journaling and self-talk
- Communication with trusted people
- Relaxation techniques such as breathing exercises, meditation and progressive muscle relaxation
- Physical activity and conscious relaxation
- Self-care by recognising personal needs, setting boundaries and planning regular breaks

