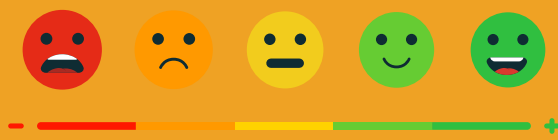


# DEALING WITH STRONG EMOTIONS

## Emotions



Emotions are feelings that come when something happens.  
Our brain reacts automatically.  
How we feel depends on past experiences.

- Seven basic emotions: Joy, anger, disgust, fear, contempt, sadness and surprise

Emotions affect:

- How we act
- What we remember
- Our choices

## Why are emotions stronger in teenagers?

- Hormone changes
- More stress
- Brain is still growing (frontal cortex)



## Problems from strong emotions:

- Health problems
- Weaker immune system (from stress)
- Issues with stomach, heart, or nerves

## How to manage strong emotions:



- Write your feelings (journal)
- Talk to someone you trust
- Try to relax: breathing, meditation, muscle relaxation

- Move your body and rest
- Take care of yourself:
  - Know what you need
  - Say "no" when needed
  - Plan regular breaks



Co-funded by  
the European Union

This project was funded with support from the European Commission and Aktion Mensch. The author alone is responsible for the content of this publication; the Commission shall not be liable for any further use of the information contained therein.



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