

Jigsaw PSHE 11-16

'Recovery Package'

Lesson b) Managing difficult feelings



Managing difficult feelings





Everyone has the right to...

Participate or pass

Listen and speak

Privacy

An opinion

Learn

Covid rules

Covid rules

Covid rules

Everyone has the responsibility to...

Allow others to participate or pass

Listen and allow others to speak

Maintain privacy

Respect difference of opinion

Allow others to learn

Covid rules

Covid rules

Covid rules

Learning intentions for this lesson:

I can identify ways to deal with difficult feelings

I can explain how taking different steps will help me learn from difficult emotions

I can describe difficult feelings and recognise the need to deal with them

Mindfulness practice



What do we mean by feelings?

Feelings are defined as 'emotional states or reactions'

So what different emotions are there?

Why do we have emotions?

Imagine a range of emojis to help you and give yourself two minutes to make a list of as many emotions as you can think of.

How many could you list?

Tick the ones you enjoy experiencing.

Do you always enjoy experiencing these?

Why do you not enjoy experiencing all emotions, or do you?

What emotions are there?

Robert Plutchik, an American professor stated that there are eight basic emotion groups.

These are...

- **Fear** → feeling of being afraid, frightened, scared.
- **Anger** → feeling angry, this can lead to frustration or even rage.
- **Sadness** → feeling sad - this would also include loss and grief.
- **Joy** → feeling happy.
- **Disgust** → feeling something is wrong or nasty. Strong disapproval.
- **Surprise** → being unprepared for something.
- **Trust** → a positive emotion; admiration is stronger; acceptance is weaker.
- **Anticipation** → in the sense of looking forward positively to something which is going to happen.

Do you think he has missed any?

Rank order these 8 emotions: Number 1 is most difficult to manage, Number 8 is least difficult to manage.

Can you put each of the emotions from your list into one of these 8 groups?

What could trigger each of the 8 emotions for you?

How could/should we deal with emotions?

Tick or cross the ways you might use to manage your emotions ...

- Cycling
- Hitting a wall
- Crying
- Laughing out loud
- Talking to someone you trust
- Running
- Playing music
- Listening to music
- Punch a pillow
- Playing a computer game
- Phoning/ texting a friend
- Petting the dog
- Doing homework
- Reading
- Eating chocolate
- Press pause and be mindful
- Watching TV
- Cooking

How could/should we deal with emotions?



**Take the 5 most difficult to manage emotions and write one in each thought bubble.
Draw/write an idea in each bubble about how that emotion could be handled.
Remember your own self-talk and mindfulness practice is important here.**

Is it good to hide your feelings?

Why might it be a positive thing?

Why might it be a negative thing?



Think of 2 reasons for each and explain your thoughts.

Is it good to hide your feelings?

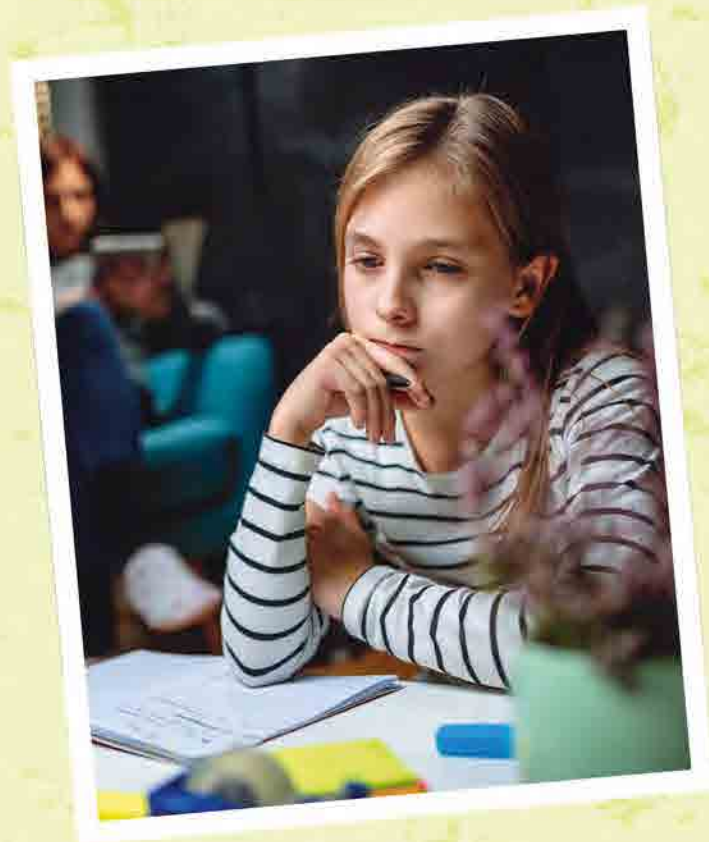
Why might it be a **positive** thing?

It could help you be in control - in a difficult situation it could help you make clearer decisions

Is it best to hide emotions and hope they go away?

What do you think about this?

Would it work for you?



Is it good to hide your feelings?

Why might it be a **negative** thing?

People might think you are OK when you are not

Keeping your emotions bottled up could lead to an explosive incident in the end

Carrying the stress with you is unhealthy

People will think you are a cold person if you show no emotion

So what should we do about difficult feelings and emotions?

Is it best to hide emotions and hope they go away?

Should we confront them, recognise that they are a big part of us and learn how to recognise and deal with them?

What do other people say?



At some stage in life most of us struggle with our emotions

Here are a few quotes about dealing with difficult feelings...

"Fear is the path to the dark side. Fear leads to anger. Anger leads to hate. Hate leads to suffering."
- Master Yoda

"Feelings can't be ignored, no matter how unjust or ungrateful they seem."
- Anne Frank, *The Diary of a Young Girl*

"The sun always shines above the clouds."
- Paul F. Davis

"Watch a movie that makes you laugh or listen to a song that makes you cry. Embrace your emotions and be proud of what you feel."
- Demi Lovato

"Crying does not indicate that you are weak. Since birth, it has always been a sign that you are alive."
- Charlotte Brontë, *Jane Eyre*



What could we learn from these quotes?

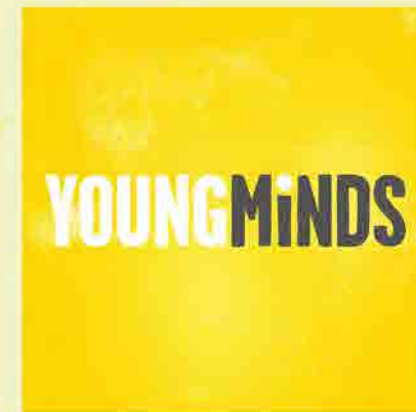
So, how can I get help to manage difficult feelings?

What should you do?

Who can help in school?

Who can help outside of school?

Online charities and resources including:



A 4 step approach

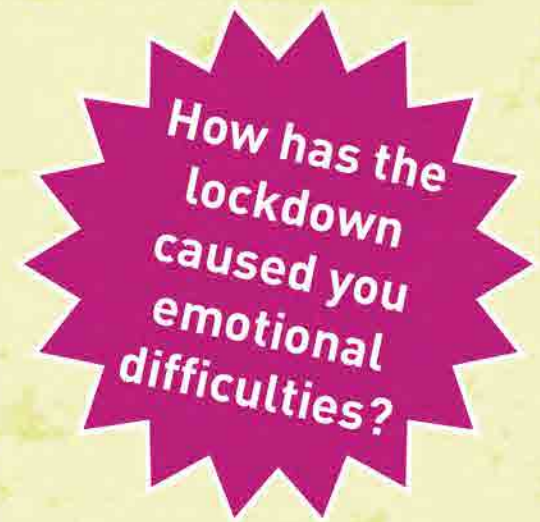
Step 1

Identify the emotion

- Be aware of it, recognise it - don't hide it from your self
- Try to understand why you feel that way... what has caused it
- Try not to attach blame to someone including your self

How might this *first* step help you deal with difficult feelings?

Try to use these tips with a feeling you have.



A 4 step approach

Step 2

Take Action

Once you have recognised the emotion – what do you do now?

- What is the best way to express this emotion? Do you need to do something?
- Try to change your mood – you are in charge
- Do something positive – exercise? A hobby? Listen to music?
- Seek support – talk about how you are feeling with a supportive friend

How might this *second* step help you deal with difficult feelings

Try to use these tips with a feeling you have



A 4 step approach

Step 3

Get help if it's really difficult

Sometimes you can really try but it just isn't enough

- Recognising that something is too hard to deal with is a positive step
- Talk to someone you trust
- Talk to a professional – like a counsellor if needed

How might this *third* step help you deal with difficult feelings?

Try to use these tips with a feeling you have.



A 4 step approach

Step 4

Reflect on the experience positively

When everything is calmer - reflect on what happened

- Talk to someone you trust
- Talk to a professional - like a counsellor if needed
- Try to keep it in perspective - look for positives that came from it

How might this *fourth* step help you deal with difficult feelings?

Try to use these tips with a feeling you have.



Finishing Facts

Emotions are a key part of being human. All of us will experience a wide range of powerful emotions throughout our lives.

We are not often taught how to deal with difficult feelings.

It is important to recognise that sometimes things happen to us that cause a strong reaction.

This is perfectly natural. It is vital to understand different ways of dealing with difficult emotions.

In a nutshell these include

- Recognising the emotion**
- Identifying why you feel that emotion**
- Taking the appropriate action to ensure that you respond in a way that does not make matters worse**
- Avoid laying the blame at another person or yourself**
- Learn from each situation and recognise when similar feelings could be triggered**

Learning intentions for this lesson:

I can identify ways to deal with difficult feelings

I can explain how taking different steps will help me learn from difficult emotions

I can describe difficult feelings and recognise the need to deal with them

Reflect on what you have learnt this lesson and note some actions you intend to take as a result.