

WAYS TO MANAGE EMOTIONS

Harmful ways to deal with negative emotions, such as denial, withdrawal, bullying, self-harm, substance use can lead to more problems to deal with down the road.

Acknowledge when you're not feeling great.

Allow yourself to feel your emotions.

Express your emotions in a healthy way.

Be mindful of how you express your emotions to others.

Understand that both negative and positive emotions are essential.

Resist the temptation to hide or withhold your negative emotions.

Take an action to help yourself: exercise, do yoga, make a gratitude list, try relaxation techniques, find opportunities to get fun.

Ways To Manage Better

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