

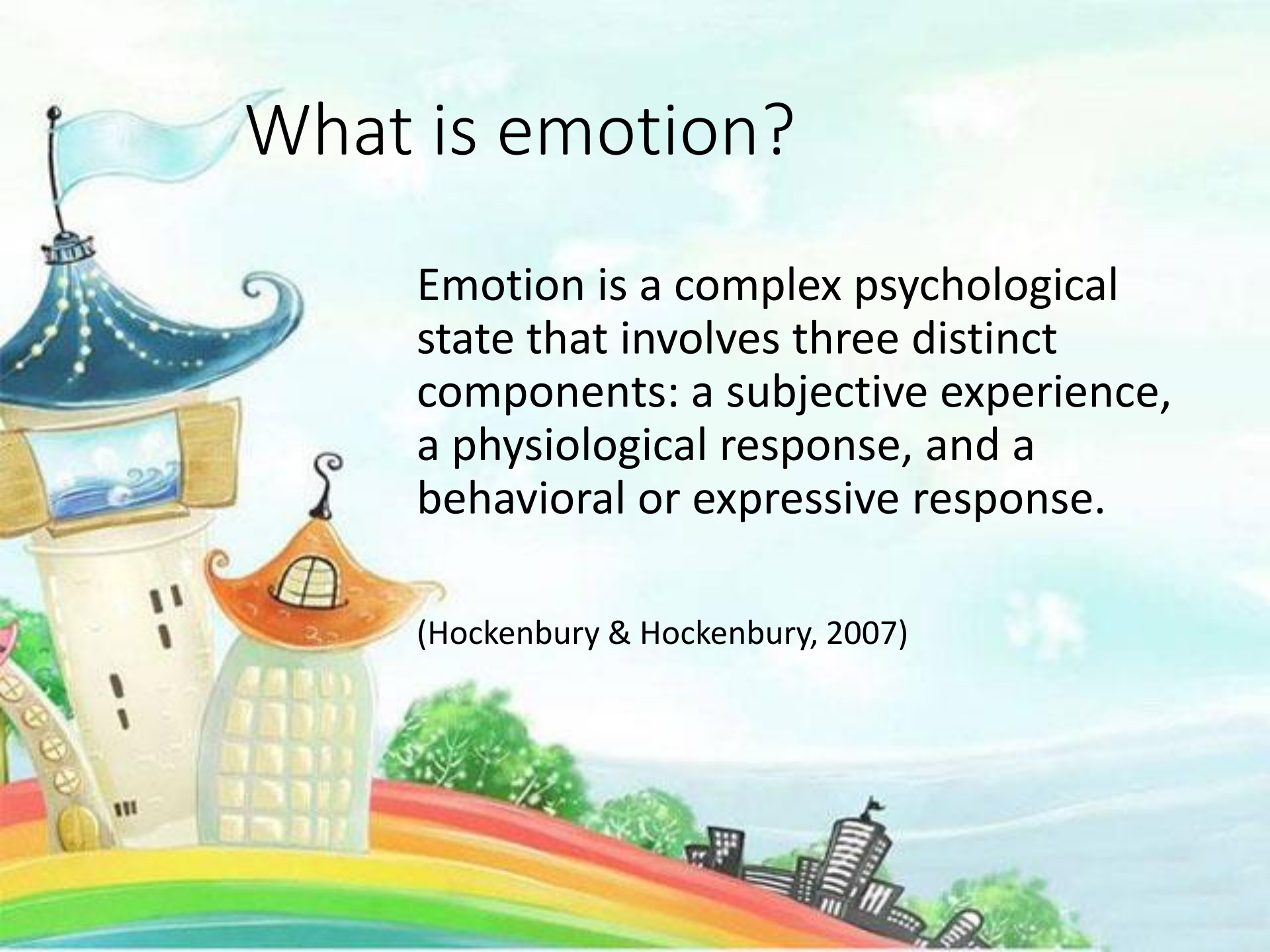
# Manage Emotions





“Be angry without doing wrong;  
let not the sun go down on your  
wrath.”

(Ephesians 4:26)



# What is emotion?

Emotion is a complex psychological state that involves three distinct components: a subjective experience, a physiological response, and a behavioral or expressive response.

(Hockenbury & Hockenbury, 2007)

# The 3 Key Elements of Emotion

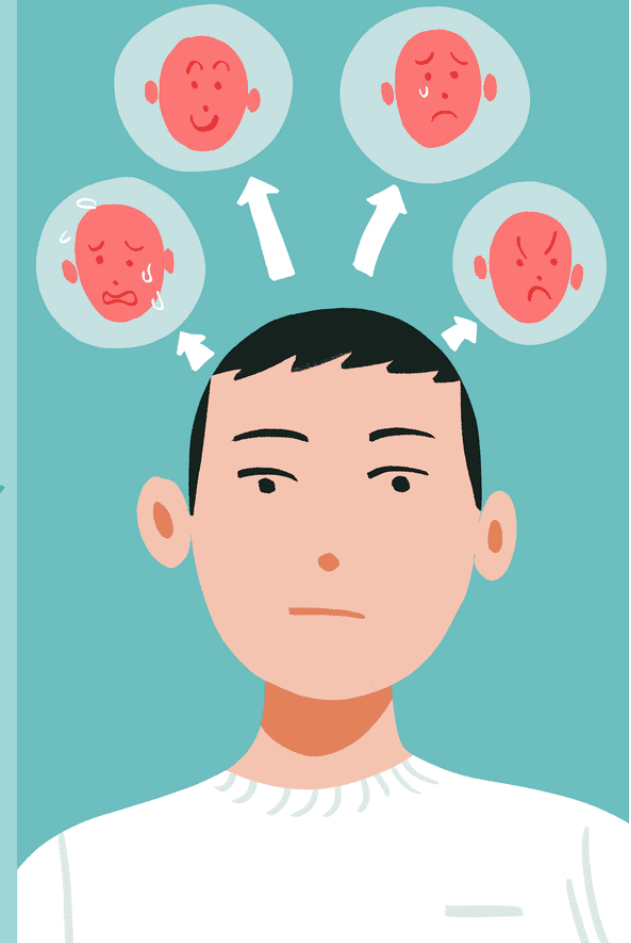
## Subjective Experience



## Physiological Response



## Behavioral Response





# Six basic emotions

- Fear
- Disgust
- Anger
- Surprise
- Happiness
- Sadness

(Ekman, 2005)



# Ways to cope with your emotions

1. Name the feeling. For instance, sad, angry or frustrated.
2. Accept what you're feeling. Remind yourself that it's OK to have such feelings.



# Ways to cope with your emotions

3. Express your feelings.  
Choose a way to express your feelings without hurting yourself or the others.
4. Pick a healthy way to take care of yourself. For instance, a walk, a talk or a hug.

# 5 STEPS TO MANAGING BIG EMOTIONS







Remember...

**NEVER LET YOUR  
EMOTIONS  
OVERPOWER  
YOUR  
INTELLIGENCE.**

*PictureQuotes.com*

# References

Hockenbury, D. and Hockenbury, S.E. (2007). *Discovering Psychology*. New York: Worth Publishers.

Ekman P. [Basic Emotions](#). *Handbook of Cognition and Emotion*. 2005:45-60. doi:10.1002/0470013494.ch3

