



Managing Emotions



This fact sheet will help you understand more about managing your emotions and what this looks like.

⚠️ **Warning** ⚠️ When researching this topic you may encounter material that is upsetting. Please speak to a teacher or a trusted adult if you are worried about anything you have seen.



What does managing your emotions mean?

Managing emotions means being aware of your feelings, understanding them, and regulating your responses in healthy, constructive ways. It's a key part of emotional intelligence and affects how we interact with others, make decisions, handle stress, and navigate conflict.

Managing your emotions is important because it helps you stay calm and feel less stressed. It also makes it easier to get along with friends, family, and other people. When you can control your emotions, you're less likely to say or do something you'll regret, especially when you're angry or upset.

Ways to help you manage your emotions 😊

- **Take deep breaths** – Breathe in for 4 seconds, hold for 4, and breathe out for 4 to help calm down.
- **Name the emotion** – Say what you're feeling: "I'm angry," "I'm sad," or "I'm stressed." This helps you take control.
- **Move your body** – Go for a walk, stretch, dance, or do any physical activity to release tension.
- **Write it out** – Journal or write about how you're feeling to understand and let out your emotions safely.
- **Listen to music** – Play songs that help you feel better or match your mood.
- **Talk to someone you trust** – Share your feelings with a friend, parent, or teacher to feel supported.

- **Take a break** – Step away from a stressful situation to cool down before reacting.
- **Use positive self-talk** – Remind yourself: “I can handle this” or “It’s okay to feel this way.”

Key Terms	Definition
Emotion	A strong feeling like happiness, anger, fear, sadness, or excitement.
Emotional Regulation	The ability to control or manage your emotional reactions in a healthy way.
Coping Skills	Strategies or ways you use to deal with difficult emotions or stressful situations.
Stress	A feeling of emotional or physical tension that happens when you're under pressure or facing difficulties.
Resilience	The ability to bounce back after a tough time or emotional challenge.
Assertiveness	Expressing your thoughts and feelings confidently and respectfully.
Mindfulness	Paying attention to the present moment without judging it. It helps you stay calm and focused.
Self-worth	Self-worth means believing that you are important, valuable, and deserve to be treated with respect—just for being who you are, not because of what you achieve or what others think of you.
Reaction	What you do or say right after you feel an emotion, often without thinking.
Emotional Intelligence	The ability to understand, use, and manage your emotions and also understand how others feel.
Overwhelmed	Feeling like your emotions or problems are too much to handle.

Things to think about



Why do we struggle to manage our emotions?

- **Emotions can be strong and overwhelming** – Feelings like anger or sadness can take over quickly.
- **We're not always taught how to handle emotions** – Many people grow up without learning healthy coping skills.
- **Stress and tiredness make it harder** – When you're low on energy, your emotions are harder to control.
- **Some feelings are uncomfortable** – It's hard to face emotions like fear, guilt, or sadness, so we avoid or bottle them up.



Did You Know?

- **Smiling (even if you don't feel like it) can actually improve your mood.**
It sends signals to your brain that you're feeling good!
- **The heart has its own 'mini-brain.'**
It can send signals to the brain that affect your emotional state.
- **Laughter reduces stress hormones.**
Watching something funny or laughing with friends can actually *lower* cortisol (the stress hormone).
- **Being kind boosts your mood.**
Doing something nice for someone else can increase your own happiness levels!

What can you do?

Practice deep breathing: Take slow, deep breaths to calm your mind and body when you feel stressed or upset.

• **Take a break:** Step away from a tough situation to cool down before reacting.

• **Listen to music:** Studies show that listening to our favourite music can improve our mood.

• **Get some sleep:** Being well-rested makes it easier to manage your emotions.

• **Manage your goals:** Breaking big problems into smaller steps can reduce overwhelm..

• **Support Others:** Encourage your friends and family to talk about their emotions too and speak about your feelings together.



Here are some videos and links that you may find useful:

[Managing Strong Emotions: Working Towards Wellbeing](#)

[How to Cope with Anxiety | Childline](#)

[Coping Tools for Everyday STRESS](#)



Where to go for help

Parents/guardians/carers

Wider trusted family

Teachers/ Youth Workers

Childline 0800 1111

Yellow Door 02380 636312

No Limits

Police 999



Online support

www.childline.org.uk

www.nspcc.org.uk

www.themix.org.uk

www.kooth.com

www.youngminds.org.uk

www.barnardos.org.uk

☀️ Final Thought



Managing your emotions is key to handling everyday challenges smoothly, staying in control when things get tough, and building stronger connections with the people around you. It's like having a superpower that helps you live your best life every day.