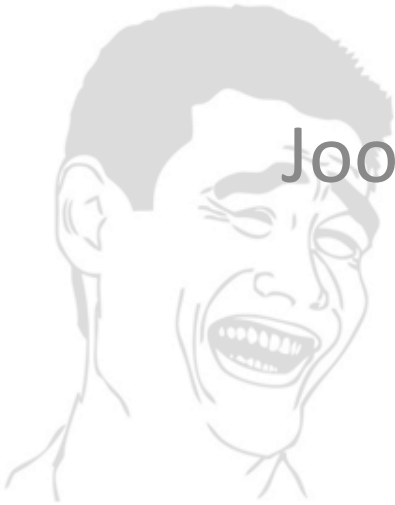


8. Your emotions



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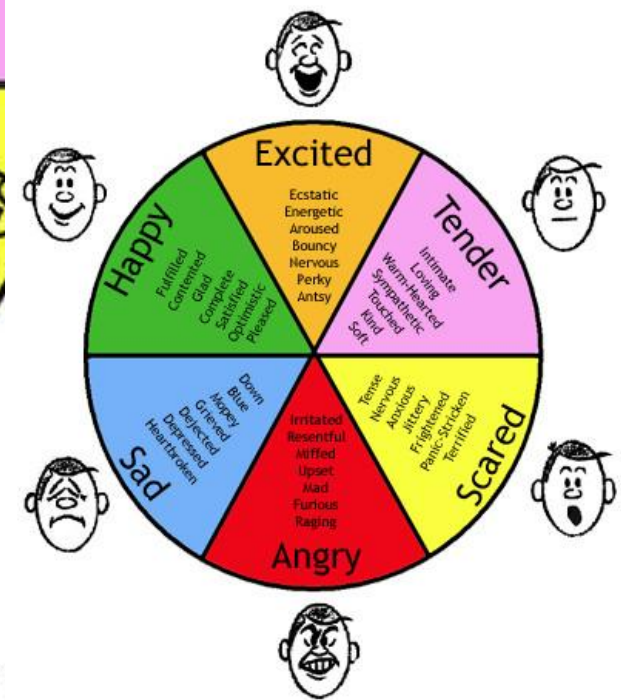
Search your feelings

- All emotions are acceptable, but not all expressions of emotion are acceptable
- You can not suppress your emotions (and you shouldn't try to) but you can control your behavior



Know your feelings

- Socio-emotional skills:
 1. Acknowledging your emotions
 2. Recognizing your emotions and naming them
 3. Acknowledging the response that your actions cause in others



Recognize your emotions

- This happens mainly by listening to your body
➡ Emotions and bodily reactions are entwined
- By learning how to read your own body and your emotions, you'll eventually get good at reading the emotions of the people around you



Control your emotions

- Controlling your emotions means effective regulation of emotions (not suppressing, denying or disregarding them)
- How to let emotions out constructively:
 1. Doing stuff: homework, sports, write, create
 2. Concentrate on something else, breathe, count to ten, take a timeout

Homework...

- Bring a human shaped object with you to the class: a doll, an action figure, a sculpture anything
- It has to have human characteristics: limbs, head, torso etc.

