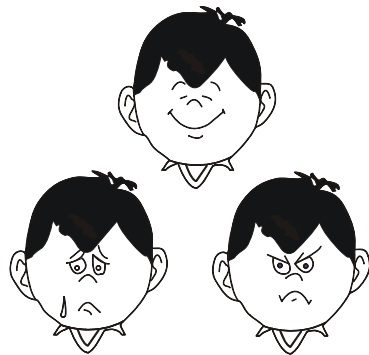


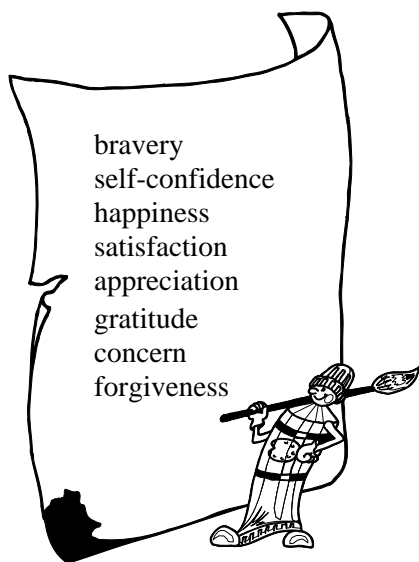
Emotions such as joy, anger, sadness and happiness often occur in our daily lives. Emotional reactions are particularly common in adolescents who are undergoing rapid physical, psychological and social development. Therefore, if adolescents can express and handle their emotions well, their psychological health and interpersonal relationships will be enhanced.



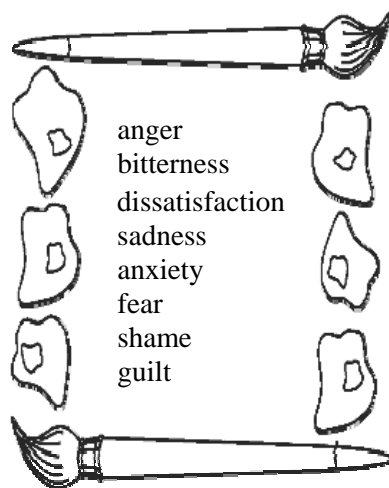
How much do you know about emotions?

Emotions are subjective human feelings which dictate mood. They are also the responses to various stimuli happened in the daily living.

Positive emotions include all feelings that are pleasant and soothing such as :-



Negative emotions include :



People with positive emotions are optimistic, competent, ready to help others and able to cope with stress. On the other hand, negative emotions will make people unhappy, depressed, discouraged, withdrawn and indignant.

When will you experience negative emotions?

1. when insulted or threatened }
facing resistance or obstacles } → anger
when rejected or treated unfairly }
2. losing of beloved persons, pets or belongings }
lacking successful experiences..... } → sadness
lacking affection and care }
3. body changes occurring in puberty }
sudden changes occurring in the family } → anxiety and
facing unfamiliar places and situations } fear
worrying about disclosure of mistakes..... }
4. when criticised or blamed }
facing failure or being defeated } → shame
when rejected or isolated..... }
suffering from physical illnesses or disabilities }
5. having regret for wrong doings }
feeling imperfect } → guilt
unable to meet expectations }

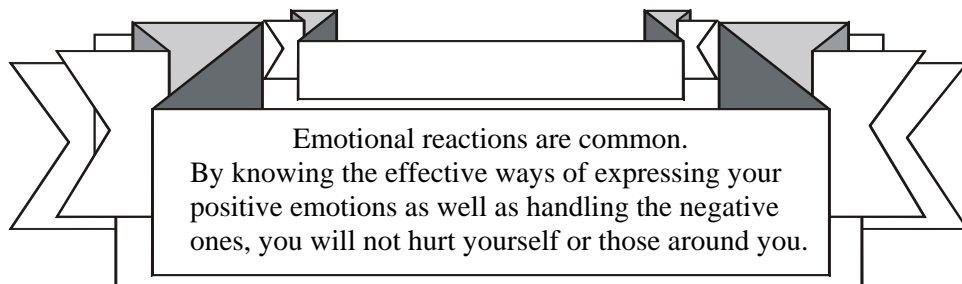


Three Steps in Handling Emotions

1. Know your emotions
 - try to understand and handle your emotions appropriately, so that you will not be controlled by your negative emotions
 - be sensitive to others' feelings so as to minimize misunderstanding
2. Express your emotions appropriately
 - learn to express positive emotions such as appreciation, care, forgiveness, satisfaction, happiness, etc. These emotions make life more enriching and meaningful. They also make interpersonal relationships more successful and harmonious
 - negative emotions should also be expressed appropriately. Suppression of anger or losing temper are not proper ways of expression. It is better to express negative emotions calmly and sensibly so as to avoid hurting yourself and other people

Emotions in Adolescents

3. Handle your emotions effectively
 - a) manage your anger
 - keep away from the sources that stir up your emotion
 - ventilate your grievance by some means, e.g. hitting a cushion
 - undergo relaxation activities, e.g. listening to music, doing aerobic exercises
 - be optimistic and humorous. Try to change perspectives
 - b) reduce sadness
 - understand the reason for sadness. Face the problems bravely
 - don't bother too much about the past and what you have lost
 - be optimistic and look forward to a bright future
 - establish support networks with your parents, teachers, schoolmates and friends so that they can help and encourage you
 - c) relieve anxiety and fear
 - be psychologically prepared for your future
 - take part in social activities to reduce fear about unfamiliar places
 - be well-prepared for examinations or competitions
 - d) get rid of shame
 - face reality
 - learn to accept yourself and your limitations
 - don't be frustrated by failures. Try to improve yourself and learn to rebuild your self-confidence and self-esteem
 - e) free yourself from guilt
 - don't over-react to your failure or mistakes
 - try to find out the reasons for failure and make improvements to avoid repeating mistakes
 - avoid regretting repeatedly over past events. Be courageous and ready to face new challenges



Student Health Service
Department of Health
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