

### c) Relieve anxiety and fear

- Be psychologically prepared for puberty
- Join social activities to reduce fear of unfamiliar places
- Well prepare for examinations or competitions
- Do relaxation and deep breathing exercises in anxiety-provoking situations

I need to well prepare for the exam in next week.



### d) Get rid of shame

- Learn to accept your limitations
- Appreciate your efforts made
- Learn from failures. Rebuild self-confidence and self-esteem



I am sorry that I broke your glasses!



### e) Free yourself from guilt

- Don't overreact to your failure or mistakes
- Find out the reasons for failure to avoid repeating mistakes
- Avoid regretting past events repeatedly. Be courageous and ready to face new challenges

### Remember

Emotional reactions are common. By knowing the effective ways of expressing your positive emotions as well as handling the negative ones, you will not hurt yourself or those around you.

Student Health Service website : [www.studenthealth.gov.hk](http://www.studenthealth.gov.hk)

# Emotions in Adolescents



Student Health Service  
Department of Health  
2022



## How much do you know about emotions?

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

### Positive emotions



- happiness
- satisfaction
- appreciation
- gratitude
- concern
- expectation
- surprise
- admiration



### Negative emotions

- anger
- bitterness
- dissatisfaction
- sadness
- anxiety
- fear
- shame
- guilt
- jealous



People with positive emotions are optimistic, energetic, 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 On the other hand, negative emotions will make people unhappy, depressed, discouraged, withdrawn and indignant.

## Three Steps in Managing Emotions

### 1. Be aware of your emotions

- Identify your emotions accurately
- Understand the triggers
- Be sensitive to others' feelings



I am happy because the teacher appreciates me.

I am angry because my classmates make fun of me.



### 2. Express your emotions appropriately



I thank you a lot for helping me with this homework.

- Express positive emotions can make life more enriching and meaningful; also make interpersonal relationships more successful and harmonious

- Don't suppress emotions. Express negative emotions calmly and sensibly so as to avoid hurting yourself, other people or things

I'm angry when I know you peek at my diary.



### 3. Handle your emotions effectively

#### a) Manage your anger

- Stay away from the sources that stir up your emotion
- Do pleasurable and relaxation activities, e.g. listening to music, doing aerobic exercises
- Be optimistic and humorous



#### b) Minimize sadness

- Understand the reason for sadness, face the problems bravely
- Avoid ruminating on our failure
- Keep in contact and get support from parents, teachers, friends and schoolmates

