

MINDFUL EDGE

LESSON 7 HOW TO BEFRIEND STRONG EMOTIONS?

1. WHAT IS
STRESS?

2. WHAT IS
MINDFULNESS?

3. HOW TO
PRACTICE
MINDFULNESS?

5. HOW DO
THOUGHTS
IMPACT
EMOTIONS &
BEHAVIOURS?

6. HOW DO
EMOTIONS
IMPACT
THOUGHTS &
BEHAVIOURS?

8. WHAT IS THE
SCIENCE OF
HAPPINESS?

4. WHAT IS THE
NEUROSCIENCE
OF
MINDFULNESS?

My Mindful Journey Reflective Journal
Mindful Edge Interactive™
Skill for Being with the Ups and Downs of Life
(Stress Management and Life Strategies for Youth)
for use with MindfulEdge.ca interactive website for Youth

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HOW TO BEFRIEND STRONG EMOTIONS?

HOW CAN I MANAGE MY ANGER?

WHAT AM I FEELING?

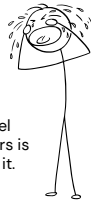
Key Points About Strong Emotions

Strong emotions, like anger, carry important information.

Knowing our triggers can help us respond more effectively.

It's normal to feel anger; what matters is how we express it.

Awareness of our emotional reactions helps us regulate them.



LEARN!

Anger is Important Because It....



Tells you that your needs or someone else's needs aren't being met



Tells you that you may have been treated (or may have treated someone else) unfairly or disrespectfully



Is a cue that something needs to be done to mend hurt feelings

Anger Volcano

WHAT YOU SEE (BEHAVIOR)

- THROWING
- STOMPING
- WITHDRAWING
- TANTRUM
- DEFENSE
- YELLING

EXPLODING WITH ANGER

WHAT YOU DON'T SEE (FEELINGS)

- SCREAMING
- FIGHTING
- ARGUING
- KICKING
- CRYING
- SHOUTING

HOW DO I EXPRESS MY ANGER?

WHAT ARE MY STRATEGIES TO MANAGE ANGER? COMPLETE CHART

Anger Iceberg



WHERE ON THE CONTINUUM IS MY ANGER?

Anger Continuum

Anger often is viewed as a single emotion. However, anger occurs in many forms on a continuum from annoyed to enraged.

The Medol Model™ Anger Continuum

Anger often is viewed as a single emotion. However, anger occurs in many forms on a continuum from annoyed to enraged.

Where Anger Can End Up:

- annoyed
- irritated
- upset
- irate
- furious
- enraged

Where Anger Can Start:

- annoyed
- irritated
- upset
- irate
- furious
- enraged

Continuum Map:

- annoyed
- irritated
- upset
- irate
- furious
- enraged

What Flips Your Lid? Dan Siegel's Hand Model of the Brain

Prefrontal Cortex: Thinking Brain

Rationality/Rational Thinking:

- Body Control, Play, Empathy,
- Positive Relationships, Compassion, Reflection,
- Resilience, Logic, Consequences

Amygdala: Fear Center

Emotionality/Irrational Thinking:

- Fight, Flight, Freeze, Collapse, Big
- Emotions, Anger, Fear, Anxiety,
- Survival, etc.

WHAT FLIPS MY LID?

We all need:

- ✓ Felt Safety
- ✓ Attachment
- ✓ Regulation

Unable to Think Rationally

Amygdala

Spinal Cord

The Amygdala sends signals to the Hypothalamus (command center) which activates the Autonomic Nervous System:

- ✓ Sympathetic (fight, flight, freeze, collapse)
- ✓ Parasympathetic (rest & digest)

MAP YOUR ANGER USING CHART

Anger Mapping

What kind of face do you have when you're angry?

How do you behave when you're angry?

What happens to your body when you're angry?

What things do you say when you're angry?

What could your anger help you to achieve?

What helps when you're angry?

What are different ways of handling my anger?

Have you learnt anything about your anger?

Feelings and Needs

FEELINGS WHEN NEEDS ARE FULFILLED

- Amazed
- Comfortable
- Confident
- Eager
- Energetic
- Fulfilled
- Glad
- Hopeful
- Inspired
- Intrigued
- Joyous
- Moved
- Optimistic
- Proud
- Relieved
- Stimulated
- Surprised
- Thankful
- Touched
- Trustful

FEELINGS WHEN NEEDS ARE NOT FULFILLED

- Angry
- Discouraged
- Hopeless
- Overwhelmed
- Anxious
- Distressed
- Impatient
- Puzzled
- Embarrassed
- Irritated
- Reluctant
- Confused
- Frustrated
- Lonely
- Sad
- Helpless
- Nervous
- Uncomfortable
- Disappointed

Basic Emotional Needs

Do you know your 9 emotional needs?

- Security**: A safe space to grow
- Attention**: To give and receive
- Control**: A sense of autonomy
- Meaning & Purpose**: Knowing what we think and do
- Privacy**: Reflecting on personal experiences
- Community**: Feeling connected to other people
- Intimacy**: Finding comfort in others
- Status**: Sense of social status
- Achievement**: Having competency

WHAT ARE MY NEEDS? COMPLETE QUIZ

Practice R.A.I.N.

PRACTICE R.A.I.N. HERE!

Lesson 7: How To Befriend Strong Emotions?

MANAGING ANGER AND OTHER STRONG EMOTIONS

❖ *What are some strategies, helpful and unhelpful, that you...or friends ...or family members use in dealing with strong emotions, like anger?*

Helpful	Unhelpful

EMOTIONAL NEEDS CHART

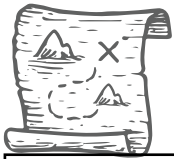
❖ *Complete the following chart, determining your emotional needs. What do you need?*

I need to feel ...	Yes met	½ met	Not met	I need to feel ...	Yes met	½ met	Not met
accepted				included			
admired				listened to			
appreciated				loved			
approved of				needed			
capable				noticed			
cared about				powerful			
competent				I have privacy			
confident				respected			
forgiven				safe / secure			
free				supported			
heard				fairly treated			
helped				trusted			
helpful				understood			
important				valued			
in control				worthy			

WHAT FLIPS YOUR LID?

❖ Which ones apply to you?

Being late	Being ignored	Deadlines
Not getting your own way	Losing stuff	Being treated unfairly
Technology	Having too much to do	Gossip
Parents' expectations	Being lied to	Forgetting something important
Rules	Friends who won't return your phone calls, texts or emails	People who are rude
People changing plans at the last moment	Disorganized people	Being disrespected
People who interrupt	Waiting in line	



CREATING YOUR ANGER MAP

❖ Please complete the reflection questions...

My Anger Map Questions	Reflections
<i>What kind of face do you have when you are angry?</i>	
<i>How do you behave when you're angry?</i>	
<i>What happens to your body when you're angry?</i>	
<i>What things do you say when you're angry?</i>	
<i>What could your anger help you to achieve?</i>	
<i>What helps when you're angry?</i>	
<i>What are different ways of handling my anger?</i>	
<i>Have you learnt anything about your anger?</i>	



ANGER JOURNAL

❖ For the next week, pick one event per day that irritated – frustrated – created another strong emotional reaction? Please complete the reflection questions...

Date	What triggered your anger/irritation button today?	How did you react? What did you say in the moment?	What was your negative thought and feeling was "looping" in your head when you were most "escalated" (angry/frustrated)?	Anger Intensity Scale 1 to 10 How long did it last?	Where in your body did you feel it? Describe the feeling.	a) How did your thoughts and feeling change when the period of escalation was over? b) upon reflection, what emotional need wasn't being met?
example	My brother hogged the computer. My parents said he is in university, so he gets it over me.	I yelled at my brother, then at my parents, then walked away and slammed the door of my room	I was really frustrated because my assignment was due the next day; my parents didn't take my side and this makes me feel less valued which makes me feel depressed	Scale 7 out of 10 Lasted 4 hrs	My head felt hot at first; then after 4 hours, my eyes felt tired	a) I did the assignment at lunch in the library. After that, I wasn't as angry, but still a little irritated (2/10). b) my need to be respected and fairness
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						

LESSON 5 EVALUATION: HOW TO BEFRIEND STRONG EMOTIONS?

❖ Which idea(s) and practices from the How Do Thoughts Impact Emotions and Behaviour? lesson did you find supportive/helpful/interesting that you might try and incorporate into your daily life?

Lesson Components	
Arriving	Long, Slow, Deep Breathing
Check-in	Which Animal Am I & Why?
Breathing	Coherent Breathing
Focus	R.A.I.N. Self-Compassion Break Just Like Me Practice
Movement	Warrior Flow Qigong Warmup Tai Chi Qigong with David Leopold
Thoughts	Information, Activities and Practices – please specify • Anger is a Challenging Emotion • Anger is Important because ... • The Anger ContinuumNeeds and Feelings – UnmetNeeds Emotional Needs Chart • Feelings and Emotional Needs • Strategies for expressing and dealing with Anger • What Flips Your Lid?
Mindful Attitudes	• Gratitude
Healthy Habits	• Gratitude

❖ Please list 1 thing you might try to incorporate into your daily life.

❖ What did you like least about this lesson or found challenging?