

# Recognising and Regulating Emotions

We all experience a range of emotions, from small ones like feeling slightly pleased or irritated, to big ones like joy and fury. However, it's not good when your emotions take over and seem to control your life.

- Different emotions are appropriate for different situations (like feeling annoyed because you can't find your shoe).
- If you act on your emotions all the time there can be unwanted consequences (road rage is a classic example).
- Being able to recognise the emotions that others might be feeling is really useful for good communication (it gives you clues about what they might be thinking).

Understanding and regulating your emotions helps you deal with the ups and downs of life appropriately.



## How Will I Know?

Look for warning signs that you are feeling strong emotions.

### Physical Signs:

- heart rate goes up
- throat feels tight
- face becomes hot
- muscles tense

### Thoughts:

- 'It's not fair!'
- 'How dare they?'
- 'I always make mistakes!'
- 'Nothing ever turns out for me.'

## Strategies to Regulate Emotions

1. **Recognise physical symptoms**  
e.g. throat tightening, heart rate rising
2. **Use physical venting**  
e.g. jogging, swimming, singing loudly
3. **Withdraw from tense situations**  
If you feel angry or unsafe, physically leave the situation
4. **Change your thinking**  
Consider alternative, more helpful ways to think about the situation
5. **Seek help**

Everyone experiences times when it seems difficult to manage emotions. If you find yourself feeling overwhelmed or that your emotions are taking over, talk to your GP, school counsellor, or other trusted adults. You should also consider these options:

### WEBSITES

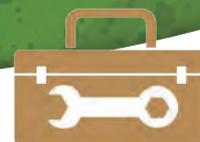
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### HELPLINES

Youthbeyondblue: 1300 22 4636  
Kids Helpline: 1800 55 1800  
Lifeline: 13 11 14  
Sane Australia: 1800 18 7263

### ONLINE COUNSELLING

[www.kidshelp.com.au](http://www.kidshelp.com.au)



beyondblue  
the national depression initiative  
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