

Hack 12



Coping With Feelings & Thoughts

“ You can't control every thought or feeling,
but you can choose how much head space
you give them. ”

(Y.B)



Emotional intelligence



Some feelings and thoughts can be difficult to cope with. Perhaps they make you feel worried, sad, ashamed, or angry.

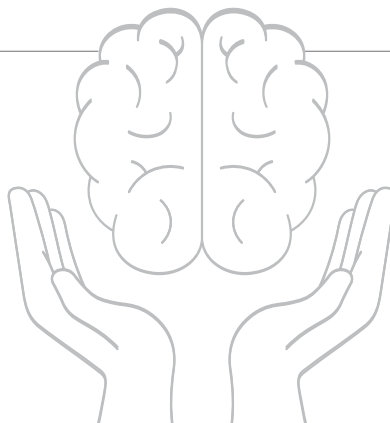
The more you get to know your thoughts and feelings, the less they boss you around. That's what emotional intelligence is- being smart with emotions. It helps you understand yourself and other people better, deal with tough situations, and feel more positive about who you are.

Task:



Some people are really good at understanding their own feelings and staying calm when things get tough.

Do you think you are someone like that? Why or why not, and what do you think might be helpful about having this skill?

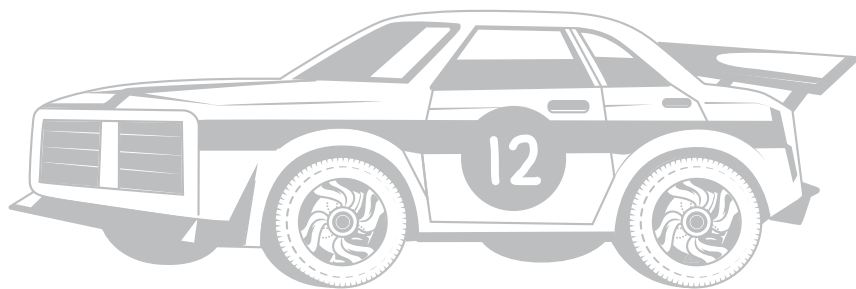


Did you know?

As a young adult, your brain is like a car with a super-powerful engine (emotions) but brakes that are still being built (self-control)

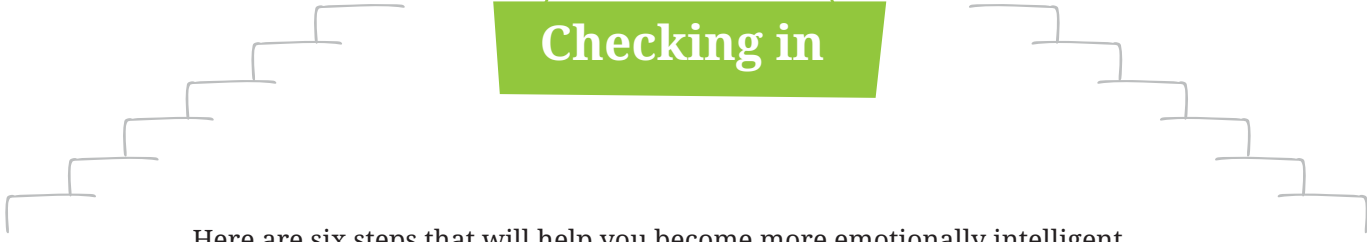
That's because your amygdala, the part that reacts to emotions, develops faster than your prefrontal cortex, which helps you plan and stay in control.

Emotional intelligence is like learning how to drive that car, so you can steer your feelings instead of letting them steer you.





Checking in



Here are six steps that will help you become more emotionally intelligent.

STEP 1: CHECKING IN

Most people are not even aware that they are experiencing negative thoughts or feelings.

Emotional awareness is being able to stop for a moment to ask yourself, “*How am I feeling right now?*” and “*What thoughts are going through my mind?*” Try to get into the habit of asking this question, especially after being involved in a difficult situation.

Task:



Think back to a time today or this week when something didn't go smoothly.

Can you pause now and ask yourself, “*How was I feeling in that moment?*” and “*What thoughts were going through my mind?*”

