

Positive Mental Practices To Stay Healthy & Happy

What are feelings and emotions?

Nobody can help having feelings - they are part of everyone. We feel different things all day long as different things happen to us.

Sometimes we feel sad - eg. when someone we love goes away.

Sometimes we feel [happy](#) - eg. when we are having fun playing.

Sometimes we feel scared, [angry](#), guilty, [lonely](#) or any of a huge range of human emotions.

It is important not to be ashamed of having feelings. Everyone has them - good and bad.

What counts is what we do about our feelings - we can all learn to show our feelings in ways that are helpful to us and to others, not ways that are hurtful.

Did you know you can manage the way you feel?

- Exercising makes these 'feel good' chemicals head for your brain and you soon start feeling happier. So if you are feeling mad, bad, or sad - try going for a walk or a run, dance or skip, or play a game.
- Eating makes 'feel good' chemicals too. Many people go for the chocolate and gooey cakes when they are feeling sad. But, if you eat too many 'sometimes' foods you start to feel guilty (guilt is a negative emotion).
- Music is great for making 'feel good' chemicals. You can listen to music or make music yourself.
- Positive thinking - try making a list, either in your mind or write it down, of all the positive things you can think of. Even the tiniest things can start those 'feel good' chemicals working.

It's **OK** to feel sad, lonely, angry or any other normal human emotion.

It's **not OK** to let negative emotions take control of you.

Learn how to be the boss of bad feelings.

Sorting out upsets

Think about feeling upset.

What happened to you that left you feeling upset?

How did you deal with feeling upset last time?

Did it work?

If you said no to the last question then think about how you could deal with being upset this time.

Remember, you are choosing to feel upset so you can choose to feel better.

Being the boss of your anger

Sometimes you just get so angry that you feel like you are going to burst! It may seem like your anger will be the boss of you, instead of you being the boss of your anger.

What can you do to work through that anger and keep yourself and others safe?

Take a deep breath and breathe out hard.

Count to 10 slowly in your mind before you open your mouth. Count another 10 if you are still feeling out of control.

Stop and think about what to do or say, then make a good choice.

Walk away and go somewhere else until you've thought about what you can do.

Use your words to **tell your feelings**. Never hurt someone with your hands, feet or by what you say.

Say what you feel in a firm voice, not a loud shouting voice eg "I feel angry/sad/upset because..."

Squeeze a pillow, a ball or your jumper really hard and say to yourself that you are squeezing out your anger.

Try taking some deep breaths until you feel your heart slow back down again.

Go for a fast walk or run somewhere safe until you feel calmer.

Use your anger to do a chore that you really hate, e.g. cleaning up your bedroom, sweeping, mowing or cleaning up

the shed. You get rid of your anger and can feel good about getting that chore done too.

Listen to some music and dance really hard.

Listen to some soothing music, lie on the floor and do some relaxation exercises.

Talk to someone you trust about how you feel.

If you feel confident and good about yourself, that's called **high self-esteem**, and if you feel bad about yourself and have no confidence, that is called **low self-esteem**. (KidsHealth.org)

What High self esteem looks like:

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| <p>being happy feeling that you're OK as a person believing in yourself looking forward to a good future enjoying the world around you feeling energetic and hopeful feeling confident that you have the power to change things in your life</p> | <p>joining in with others being happy with each success, no matter how small looking for ways to succeed encouraging others respecting others' differences and your own accepting that you will make mistakes and you can learn from them.</p> |
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How to get High self esteem:

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| <p>Believe that you are an OK person. Like yourself and make the most of your good points. Join in with others. Be willing to have a go at something new. Set yourself short-term goals that you can reach and be happy about on the way to reaching your main goal. Say thank you when you get a compliment and feel proud of your efforts. Work at learning and practicing new skills so that you feel confident in your ability. Learn to think for yourself.</p> | <p>Keep yourself clean and tidy. Accept responsibility for yourself and your actions. Accept that everyone makes mistakes and use them so that you learn to do better next time. Believe that you deserve to be happy and relaxed. Be happy with who you are. Don't try to be all things to all people. Think about changes in your life as a chance to learn something new, meet new people and learn new skills. Be positive and notice positive things around you. Be a happy and caring person and you will attract people to you.</p> |
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