

MORE ACCESS TO NOW

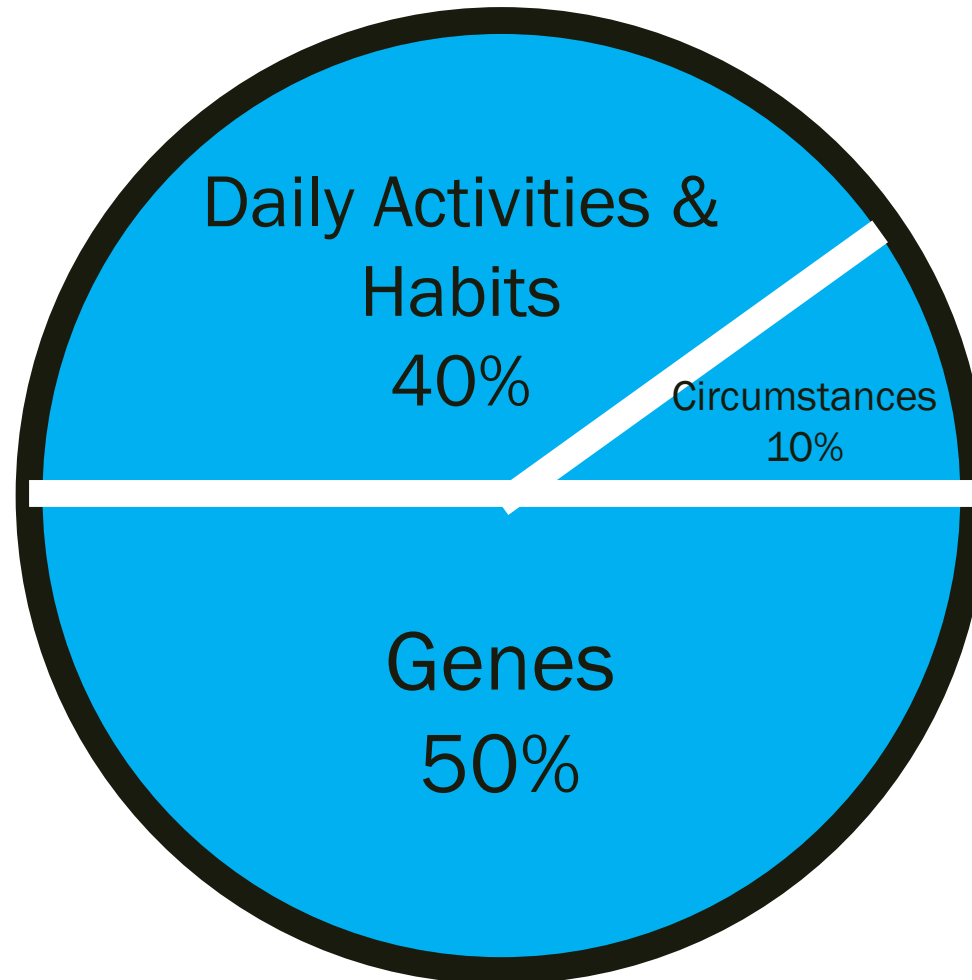
# TEMPER TANTRUMS & HAPPINESS



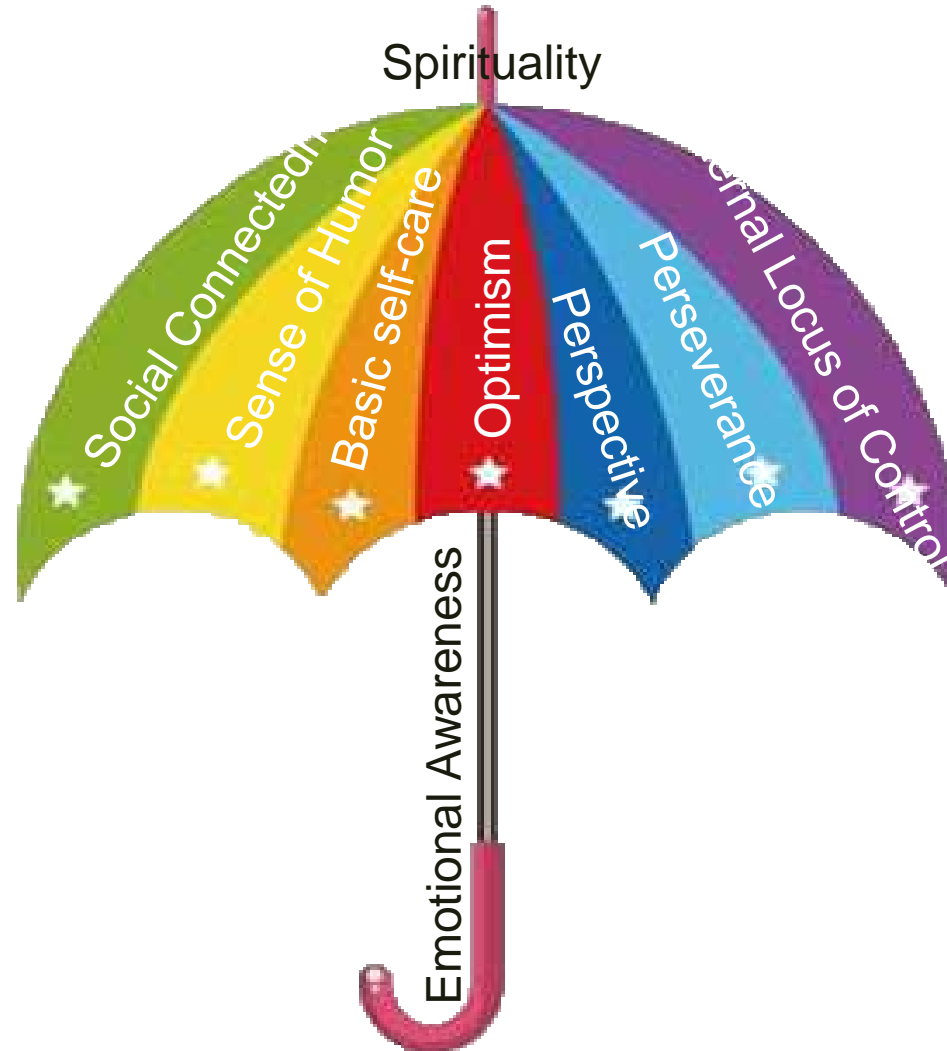
# Have a temper tantrum & be happy

- Emotional Resilience
- Emotional Awareness
- Feelings
- Exercise

# Emotional Resilience: Our ability to weather the storm



# Emotional Resilience: Categories



# Emotional Awareness:

Understanding what you are feeling and why

- Feel your feelings: key to long-lasting happiness
- Feelings give us
  - *direction wants/needs/desires*
  - *warning*
- Must pay attention to all our emotions—they all play a role in our happiness

# Mad



- Anger is natural reaction to being wronged
- Expressing anger is first step in solving a problem
- Fully expressed: passionate energy
- Happiness: Anger can be turned into a positive energy

# Sad



- Almost always accompanies loss
  - *Loved one dies*
  - *Close relationship ends*
  - *Job*
- Fully expressed: allows us to honor the missing aspect of our lives
- Happiness: Reengaging in life & cultivate the missing value

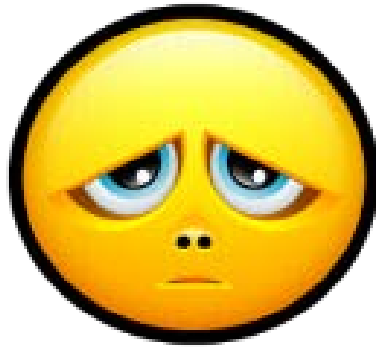
# Glad



- Showing pleasure or contentment
- Fully expressed: joy, interest, contentment, pride, love
- Happiness: broaden the way we think and act and build personal resources



# Bad








- Guilt
- Fully expressed:
- Shame
- Fully expressed:
- Happiness:

# Scared



- Fear keeps us alive
  - *Survival instinct: fight or flight*
- Fully expressed: fear is the precursor to possibility
- Happiness: Builds confidence

# FEELING WORDS

<div>MAD</div> <div>SAD</div> <div>GLAD</div> <div> <div>GUILT</div> <div>BAD</div> <div>SHAME</div> </div> <div>SCARED</div>		annoyed, irritated, crabby, cranky, grumpy, grouchy, bugged	mean, ticked off, mad, angry, frustrated, impatient, fed-up, smoldering	hot, fuming, infuriated, destructive, violent, enraged, furious, bitter, explosive
		blah, blue, gloomy, sad, unhappy, bummed, teary	rotten, disappointed, hurt, lost, sorry, lonely, down, discouraged, withdrawn	empty, hopeless, awful, miserable, crushed, helpless, depressed, heartbroken, unloved
		content, calm, comfortable, cozy, safe, relaxed, relief, satisfied, interest, light-hearted	peaceful, delightful, happy, thankful, wonderful, grateful, cheerful, proud, great, bubbly, tickled, loved/loving	strong, jolly, silly, frisky, joyful, excited, blissful, empowered, alive, sparkly, ecstatic, terrific, jubilant
		<div>sorry, regretful</div> <div>responsible</div> <div>weird, small</div>	<div>guilty, jealous</div> <div>self-conscious</div> <div>remorseful, inadequate</div>	<div>embarrassed</div> <div>ashamed, disgust, self-disgust</div> <div>humiliated, mortified, contempt</div>
		uncomfortable, startled, uneasy, tense, worried, concerned	anxious, timid, scared, afraid, frightened, fearful, trembly, shaken, disturbed, dread	alarmed, threatened, unsafe, panicky, terrified, horrified, petrified

# Exercise



- What am I feeling?
- Why does that make perfect sense?
- Why is it a good i

# Weekly Objectives

- Pick a time to scan the 5 categories -((((((WHAT DO YOU WANT THEM TO DO?))))))))))
  - *Post chart in a visilble place*
  - *Journal*
- Email or CCC