

WORD POWER

Words matter. Whether you are an author, meteorologist or doctor, the words you use everyday in your life matter, especially words that describe how you are feeling. Words that describe how you are feeling can be mild, medium or intense.

For example:

- a) I am feeling blah.
- b) I am feeling disappointed.
- c) I am feeling devastated.

See the difference? Which one sounds like the most intense feeling? If you said C, you are correct!

Now look at the three sentences below. Put an M beside the sentence that seems mild, an ME beside the sentence that seems medium and an I beside the sentence that seems intense.

- a) I feel enraged.
- b) I feel annoyed.
- c) I feel angry.

Did you put an I beside sentence a)? If you did, you are correct! Enraged is an intense word. Annoyed is a mild word, so you should have an M beside sentence b). Angry is in between, making c) an ME sentence.

Look at the words below. Put an I (intense), ME (medium) or M (mild) beside each word in each row.

- | | | |
|------------|----------|-----------|
| horrified | unsure | anxious |
| happy | ecstatic | content |
| frustrated | seething | irritated |

WORD POWER

1. Think of an event in your life that was positive. Write a sentence or two describing the event. Underneath circle the word that best describes how you were feeling in that moment.

happy

ecstatic

content

2. Think of an event in your life that was negative. Write a sentence or two describing the event. Underneath circle the word that best describes how you were feeling in that moment.

frustrated

seething

irritated

3. Think of an event in your life that was disappointing. Write a sentence or two describing the event. Underneath circle the word that best describes how you were feeling in that moment.

devastated

blah

sad

HOW TO DEAL

Everyone is going to feel disappointed or hurt or sad or frustrated or angry sometimes. The goal is to learn how to deal with these feelings and not let them build up. Learning how to deal with your feelings is an important part of your mental health growth.

1. Do you have a strategy that you use to deal with your feelings when you are upset? If so, what do you do?

2. Share a time you helped someone who was feeling upset. What did you do or say to help the person?

3. Draw a picture showing you helping someone feel better:

HOW TO DEAL

Below are a list of strategies that can be used to help someone when they feel upset or uncomfortable. Highlight the strategies that you use or would like to use.

- play with an animal*
- take a deep breath
- think of a fun time with friends
- TALK TO A FRIEND
- DO A CRAFT OR READ
- GO FOR A WALK
- Bake or cook
- do yoga*
- COUNT TO TEN
- get a drink of water
- listen to music*
- do some self talk
- WRITE DOWN YOUR THOUGHTS
- HAVE A NAP
- TELL AN ADULT

HOW TO DEAL

4. Look at the list of strategies you highlighted on the previous page. Write down two that you want to try and use more often.

a)

b)

5. Is there a strategy on the previous page that doesn't work for you? That's okay! Share what it is and explain why you think it's not a good fit strategy for you.

6. Are there any strategies that weren't listed that you like to use when you are feeling upset? Share them below.
