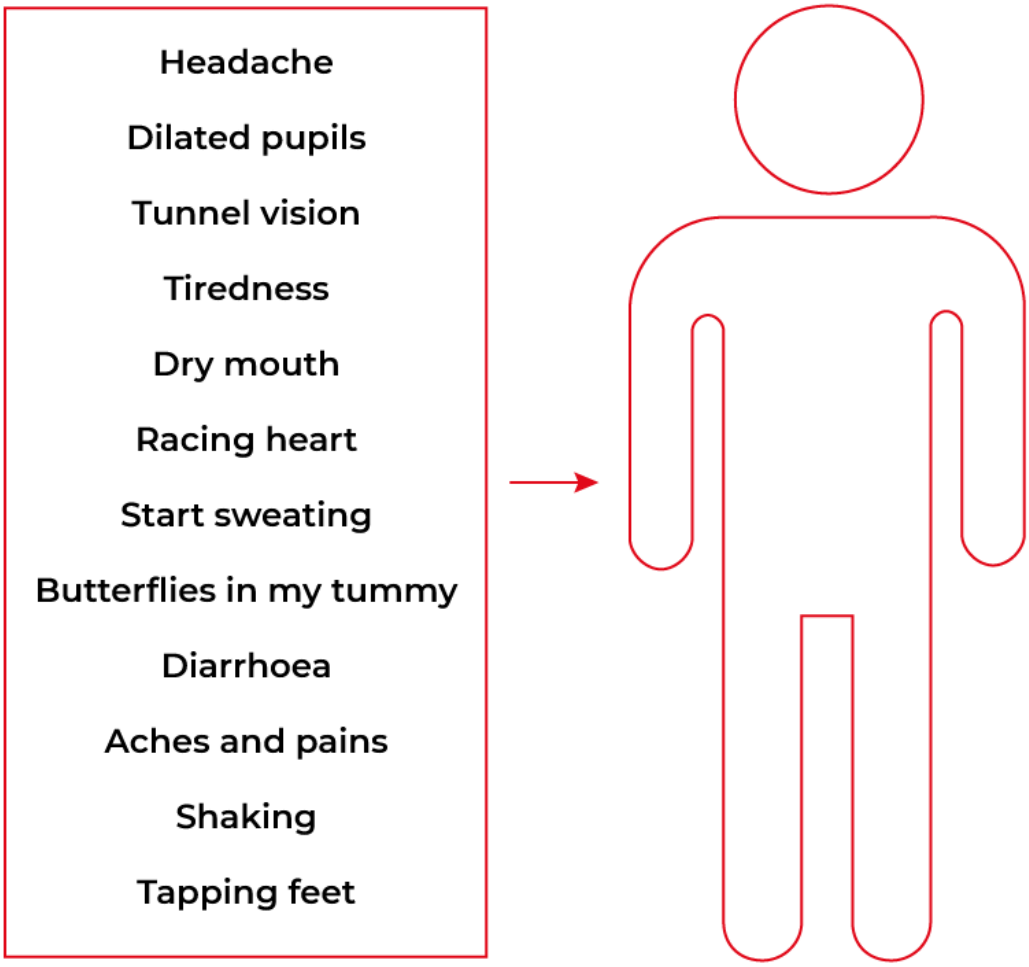
What happens in my body when I experience emotions?

Here are some of the physical reactions we have to situations:



These reactions are generally preparing us for a 'fight or flight' response (so we could face a predator or flee to safety) which would have helped ensure our survival. Now these signs can be used to help us identify what we are feeling.

How in-tune with your emotions are you?

Below is a table which will help you to identify what happens to you physically and how this affects you. By completing this in different situations you should be able to decide what emotion you experience.

Ask others	Ask myself
What expression does my face show?	What does my body feel like?
What do I say about how I feel?	What am I thinking about?
What do I do?	What do I feel like doing?

Stop it now

How to get back to feeling ok and in control

This worksheet will help you to identify things that you can do, and things that other people can help you with, that will assist you to get back to feeling calm and in control. Recognising the warning signs that you are getting angry early on can help you to avoid expressing your anger in negative and destructive ways.

Things another person can help me with	Things I can do on my own
e.g. help me to problem solve	e.g. breathing exercises