





How to manage

difficult emotions



We can all feel difficult emotions sometimes



Coronavirus means that we have to stay at home. This might make us feel some strong emotions



It is ok to feel angry, sad, scared or frustrated.

This worksheet will give you some ideas about how to deal with these emotions in a positive way.













What can

you

do if you

feel

difficult

emotions?

Share Share	Speak to your Share Community keyworker, Social Worker or support worker and let them know how you are feeling.
	Do some exercise. This could be an online video, dancing, some gentle stretching or yoga.
	Speak to a friend or family member and tell them how you are feeling
	Do something you enjoy. Practice a hobby or start a new one.
	Write down or draw how you are feeling.
	Do some breathing exercises



