

Emotions:

What is an emotion? -a natural instinctive state of mind in response to one's circumstances, mood, or relationships with others.

Everyone has triggers or hot buttons.

What is a trigger or a hot button? -a reminder of a past experience. This reminder can cause a person to experience intense emotions.

Examples of triggers:

- A strong emotion
- A memory
- Anything that reminds you of a past event (a smell, a person, a place, a sound)
- When someone says a certain phrase or word
- When you feel disrespected
- When you don't feel heard

We all cope with our triggers in both healthy and unhealthy ways:

- What are some of your healthy ways of coping when you have been triggered?
- What are some of your unhealthy ways of coping when you have been triggered?

Self Awareness:

What is Self-awareness?-conscious knowledge of one's own character, feelings, motives, desires.

It is important to understand what your triggers are so that you can find healthy ways to manage them. Most of us have a lot of triggers that we are not aware of. It can be very helpful to make a list of your triggers and things you can do when you feel "triggered," because you will feel triggered. You can also write down ideas to do when you feel triggered.

Examples of things to do when you feel triggered:

- Use one of your five senses to distract yourself or calm yourself.
- Label or name your emotions. Naming our emotions takes the power of the emotions away. "Wow, I feel really irritated right now."
- Be curious about your emotions and why you are feeling a certain way in a certain situation.
- Observe your emotions with curiosity rather than judging them.
- Write about what happened
- Talk to a trusted friend or adult about the situation
- Do something active or creative to express the emotion
- Take several deep breaths
- Use self talk to calm yourself down-"That person just made me really mad, but I do not want to do or say something that I might regret." "I can get through this."
- If possible, remove yourself from the situation in order to calm down

Resources:

[Mapping Emotions in the Body](#)

[Mindfulness of Emotions with Emojis](#)

<https://www.getselfhelp.co.uk/docs/MindfulnessEmotions.pdf>