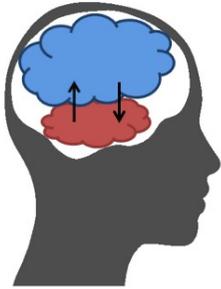


Thinking brain: slowly considers possible options and consequences



Feeling brain: releases chemicals to provide quick emotional responses



Privacy

Only share your feelings with people you trust. It is OK to share things that someone else tells you if:

It is to keep you or them safe

They are behaving differently

They talk about things at home that are worrying them.

Something doesn't feel right to you.

Healthy self-esteem

You like and value yourself

You can make decisions and be confident

You feel able to try new and challenging things

You are able to move on from mistakes

Causes of lack of self-esteem

Worries

Poor physical or mental health

Friendship problems

Feeling unsafe

Strategies for expressing emotion

Expressing emotion and talking about how you feel is important for mental health.

Talk about it

Write about it

Draw / paint / create something

Do exercise / play sport

Dance / play music

Key vocabulary

unique	The only one, different to everything (everyone) else of a similar type.
qualities of a person	Things about each person which make them unique: personality; religion; height; interests etc.
mind set	How you think about a problem. You can re-frame to think a different way.
resilience	The ability to carry on even when things are not going to plan.
set-back	When something doesn't go to plan.
self-esteem	How much we like or value ourselves
goal	Something you are aiming to do or be
improve	To make something better
analyse	To look in detail at something for answers or better information
apply	To use a skill or piece of knowledge
reaction / response	What you or someone else does as a result of something happening
intensity	How strong something feels
grief	Emotions experienced after a loss

Useful reactions to intense emotions

Quick emotional reactions can cause arguments and even harm to ourselves and others. We can give time for our thinking brain to catch up by:

Walking away; talking to someone else; breathing slowly; exercising; distracting ourselves; using mindfulness.