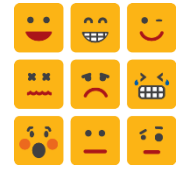
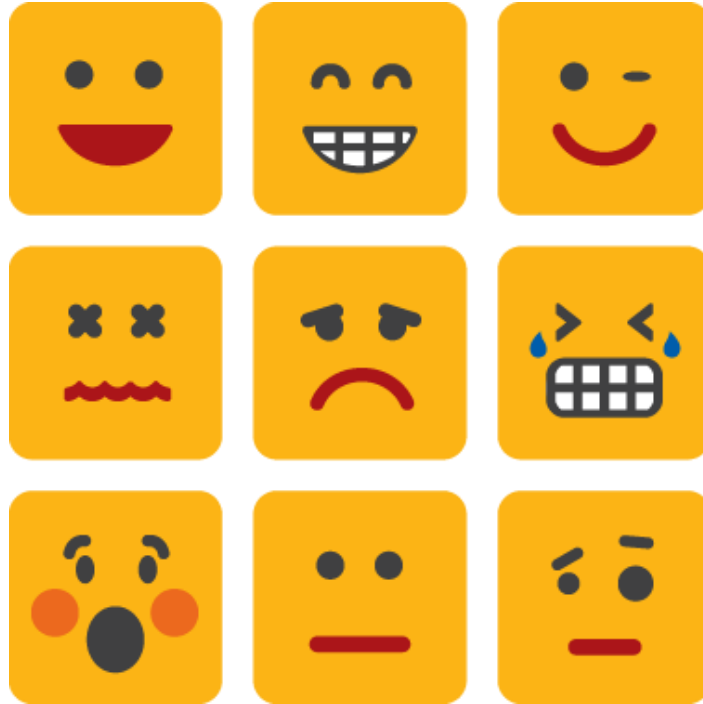




Name the Emotion



Name the Emotion skill helps us to identify the emotion we are feeling, and then choose to re-act positively.



Everyone experiences emotion, it is normal. When we are distressed, it can feel like our brain has been hijacked, we cannot think straight and the distress feels very intense. The emotion can be overwhelming and we struggle to manage the emotion and respond well to the situation.

Every emotion carries an urge to act in a certain way.

Next time you feel an emotion, NAME IT FIRST and then decide what to do with it before acting on it.

EMOTION	THOUGHTS	BODY REACTIONS	BEHAVIOURS
ANGRY	It's unfair!	Fight! Attack!	Fight Run Argue Shout
ANXIOUS & WORRIED	Danger!	Escape! Avoid.	Avoid Run away
SAD	Hopeless	Withdraw. Isolate.	Do less Cry Stay home Think about sad things