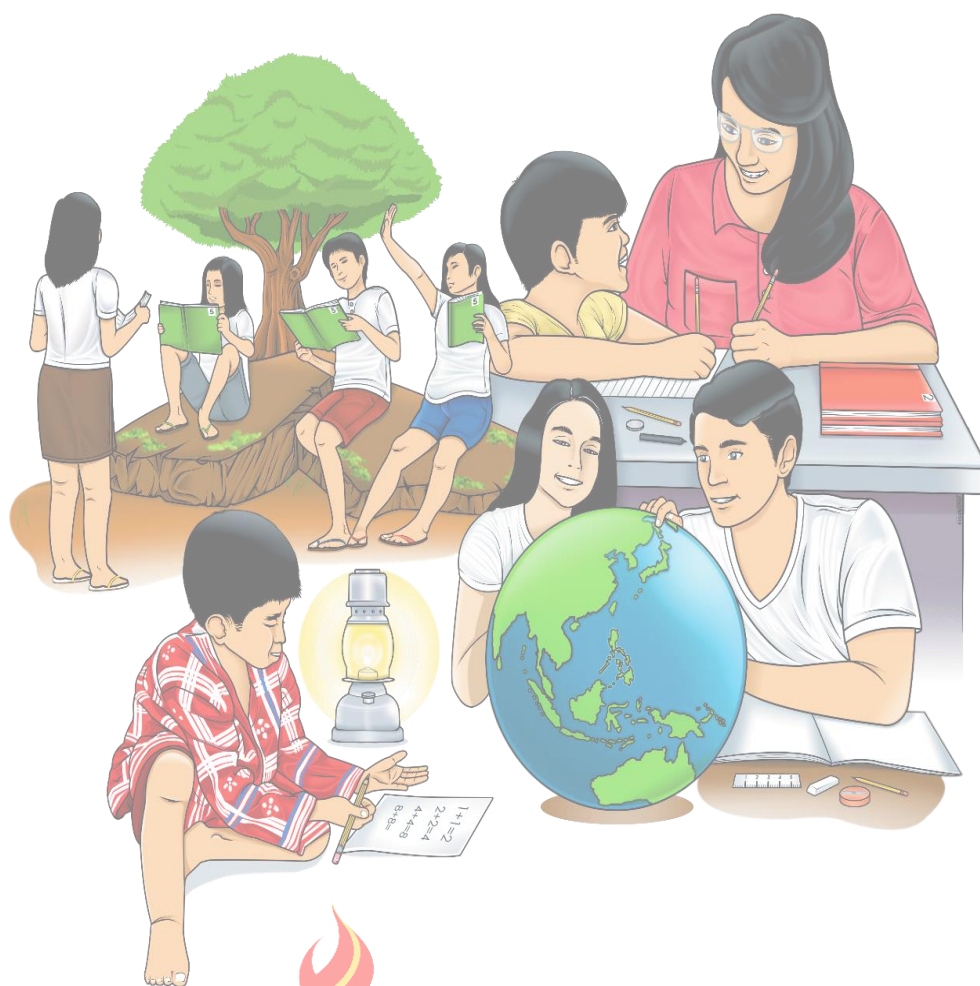


# Personal Development

## Quarter 1 – Module: 16 Demonstrate and Create Ways to Manage Various Emotions



**Personal Development**

**Alternative Delivery Mode**

**Quarter 1 – Module 16: Demonstrate and Create Ways to Manage Various Emotions**

**First Edition, 2021**

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Senior High School

# **Personal Development**

Quarter 1 – Module: 16

## **Demonstrate and Create Ways to Manage Various Emotions**

# **Introductory Message**

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.



## ***What I Need to Know***

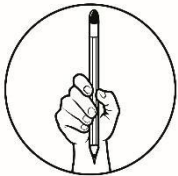
This module is designed to deal with the different emotions of the learner. It explores how to deal with difficult emotions, where emotions can have a significant impact on physical health, and how to deal effectively with feelings to face life's daily challenges.

The versatility of this program allows it to be used in several different learning circumstances. The terminologies used understand the diverse vocabulary of learners. The lessons are organized in order to follow the standard sequence of the course. But the order in which you read them can be changed to match the textbook that you are now using.

The Content of this lesson deals with Emotional Expressions.

After going through this module, you are expected to:

1. demonstrate and create ways to manage various emotions; and
2. manage how to handle different emotions.



## ***What I Know***

Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. It colors life experiences and give meaning to all these experiences.
  - A. Affection
  - B. Emotion
  - C. Feeling
  - D. Love
2. It is a Greek word which refers to have a good spirit
  - A. Eudaima
  - B. Eudaimonia
  - C. Eudaim
  - D. Eudaimonism
3. It is something that refers to feeling or expression of great sadness.
  - A. Anger
  - B. Anxiety
  - C. Fear
  - D. Grief

4. Which of the following defines “mad”?
  - A. Stress
  - B. Emotion
  - C. Depression
  - D. Mentally disturbed
  
5. Which of the following statement is a direct assault on your self-esteem?
  - A. “I am not worth it.”
  - B. “I failed.”
  - C. “I am good.”
  - D. “I am mentally disturbed.”
  
6. Which does not refer to negative emotion?
  - A. Boredom
  - B. Inferiority
  - C. Sadness
  - D. Solidarity
  
7. Which of the following defines “stress”?
  - A. Disorganized
  - B. Oriented
  - C. Pressure
  - D. Relaxed
  
8. Which of the following defines “feelings”?
  - A. Clever
  - B. Love
  - C. Pressure
  - D. Patience
  
9. Which of the following statement shows sign of stress?
  - A. Irritable
  - B. Happy
  - C. Excited
  - D. Lonely
  
10. Which of the following statement is one way of coping emotions?
  - A. Avoiding others
  - B. Not blaming oneself
  - C. Refusing advice
  - D. Seeking attention
  
11. Which of the following statement shows how to cope difficult emotions?
  - A. Ignore bodily responses
  - B. Ignore the problem
  - C. Stay home
  - D. Control emotions

12. Which of the following statement is one way of identifying the emotions?
- A. Be aware of your feeling
  - B. Blame yourself
  - C. Hide your feeling
  - D. Ignore your feeling
13. The following people will help resolve your problem in dealing with difficult emotions **EXCEPT**:
- A. Guidance Counselor
  - B. Parents
  - C. Therapist
  - D. Untrusted friend
14. Which of the following emotions is triggered by grief?
- A. Exhausted
  - B. Inferiority
  - C. Jealousy
  - D. Sadness
15. It is unpleasantly strong emotion triggered by danger.
- A. Anger
  - B. Fear
  - C. Disgust
  - D. Surprise

# Lesson 16

## Demonstrate and Create Ways to Manage Various Emotions

Emotions play a crucial role in our lives.

Life without emotions is impossible to imagine. We treasure our feelings — the pleasure of a ball game, the pleasure of a loved one's touch, or the fun of a night out with friends. Even negative emotions are important, such as sadness when a loved one dies; anger, when we are violated; fear that overcomes us in a frightful or unknown situation; or guilt or shame towards others when our dark secrets get publicized. Emotions color life experiences and give meaning and flavor to all these experiences.

In fact, emotions have played many important roles in people's lives and have been the subject of scientific research on psychology for more than a century (Cannon, 1927; Darwin, 1872; James, 1890). This module explores why we have emotions and why they are important to us. We will discover that emotions remind us who we are, what our relationships with others, and how to behave in social interactions.



### *What's In*

#### **ACTIVITY: FEELING GOOD**

1. List at least three events that made you feel good. In the right column, state your reaction.

<b>Event</b>	<b>Reaction</b>
Example: <i>Awarded with honors</i>	<i>I was glad after receiving the award</i>
1.	
2.	
3.	



2. List at least three people that made you feel good. In the second column, write the instances or things they did that gave you such feeling. In the third column, write your reaction.




<b>People</b>	<b>Situation</b>	<b>Reaction</b>
<i>Example: Friend</i>	<i>She encouraged me when I was sad and feeling hopeless</i>	<i>Thankful</i>
1.		
2.		
3.		



## ***What's New***

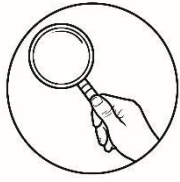
### **ACTIVITY: PICTURE ANALYSIS**

1. Identify the emotions in these scenarios.

<p><b>A.</b></p>  <p><b>Engaging in a fight</b></p>	<p><b>B.</b></p>  <p><b>Getting scolded by parents</b></p>	<p><b>C.</b></p>  <p><b>Feeling stressed out</b></p>
--	--	---

2. How would you react if you were in these situations?

3. Write your answers on a sheet of paper for the images A, B, and C.



## ***What is It***

### **HOW TO MANAGE EMOTIONS?**

Emotion, as opposed to cognitive and self-imposed states of consciousness, is an affective state of consciousness in which joy, grief, fear, hate, or other emotions are experienced. Emotions provide significance to events; without them, they would simply be facts. Emotions assist you in maintaining interpersonal interactions. Emotions are also essential in the social functioning that keeps human groups together.

All in all, we can see that emotions are a critical part of our psychological structure; that they have value and individual purpose in our life, to our relationships with other and to our societies as a whole.

### **STEPS IN HANDLING EMOTIONS**

The following are suggestions in Dealing with Difficult Emotions from the Teens Health posted in kidshealth.org in 2017.

#### **1. Identify the Emotion**

You should learn to notice and identify your feelings and your body sensation like when your face gets hot or your muscles tense. Be aware of how you feel. When you feel negative emotion, like anger, try to understand what you're feeling. A good example for this would be when you get jealous because your best friend is hanging out more often with other peers than with you.

Don't hide how you feel from yourself.

It is expected that you will not announce your feelings to other people but do not suppress your feelings entirely. When you name and understand the negative feeling, you will never explode without thinking. Awareness of the feeling will help you think clearly on the actions that you will do next.

Don't blame.

Being able to recognize and explain your emotions isn't the same as blaming someone or something for the way you feel. How you feel when these things happen comes from inside you. Your feelings are there for a reason — to help you make sense of what's going on.

Accept all your emotions as natural and understandable.

Don't judge yourself for the emotions you feel. Acknowledging how you feel can help you move on.

## **2. Take Action**

Think about the best way to express your emotion. You may gently confront the person whom you have negative feelings. You can share why you had those bad feelings to a friend you can rely on, or work off the feeling by going for a run, jogging, or exercise. Once you've processed what you're feeling, you can decide if you need to express your emotion

For example:

*“My fear of being around those bullies is a sign that they have gone too far. Perhaps I should talk about what's going on with a school counselor.”*

Learn how to change your mood. You must learn how to see the positive in mood. Exercise also can release stress buildup and help you from staying stuck on negative feelings.

## **3. Get Help with Difficult Emotions**

If you find yourself stuck in feelings of sadness or worry for more than a couple of weeks, or if you feel so upset that you think you might hurt yourself or other people, you may need extra help.

Talk to the school guidance counselor, your parents, trusted adult friend, or therapist. Counselors and therapists are trained to teach people how to break out of negative emotions. They can provide lots of tips and ideas that will help you feel better.

## **TIPS TO HELP MANAGE YOUR EMOTIONS**

Emotions can have a significant influence on physical health, and it is vital to cope effectively with the emotions that follow the ups and downs of daily life.

*1. Use your emotions and bodily responses to recognize when you are under stress.*

A racing pulse, dry mouth, aching stomach, tight muscles, or muscle pain may all indicate that something inappropriate or out of place in your emotional world.

*2. Write down your thoughts and feelings about what is stressing you.*

Keep track of your feelings daily. You might be able to spot patterns of emotional ups and downs by writing down what you are feeling. It is also crucial to put down your feelings' accompanying thoughts. You could, for example, keep a notebook in which you can jot down whatever you are thinking about during the day.

*3. Control whatever aspect of the stress that you can.*

Every day, life provides you with a variety of scenarios, and you should not define them in terms of those you can control against those you cannot. Look for the gray areas, which are the elements that you have control over. When you know what will going to happen in a situation, you must ready your emotional solution to handle with it.

*4. Don't make mountains out of molehills.*

When faced with a challenging scenario, it is essential to consider the causes of the situation before panicking. If you want to live a stress-free life, never get worked up over minor issues. An example of this is when a person becomes overly concerned over a little issue.

*5. Redefine the Problem.*

Your attitude to stress can affect your health more than the stress itself can. If the problem is out of your control, recognize that and redefine the problem to determine which parts you can avoid or handle.

*6. Develop behaviors that distract you from stress.*

Anything you do that distracts you from your stress for a while is good. For example, you could get out in nature and take a walk, work in the garden or perhaps learn to fly fish.

*7. Reach out to a friend or a family member.*

Social relationships are good for your health, and reaching out to someone about your stress can improve your outlook. If you are lacking social networks, you may find it easiest to meet others during a shared activity

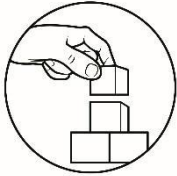
*8. Exercise Regularly.*

Regular exercise is beneficial to both your physical and mental wellbeing. Exercise boosts the release of feel-good chemicals known as "endorphins" in the brain. During prolonged, strenuous activity, the pituitary gland in the brain releases endorphins. Endorphins, which are thought to be released in reaction to painful or stressful stimuli, reduce the pain associated with exercise, allowing you to exercise longer and harder.

*9. Meditate and Relax.*

The lowering of stress is one of the most important health advantages of meditation. The limbic system can be deactivated by meditation, deliberate deep breathing, or stress or anxieties. Emotion, behavior, motivation, long-term memory, and olfaction are all influenced by the limbic system.

There is no single way to instantly reduce stress or manage your emotions. By using a variety of tools and methods, you will be able to calm your mind and regain your emotional health.



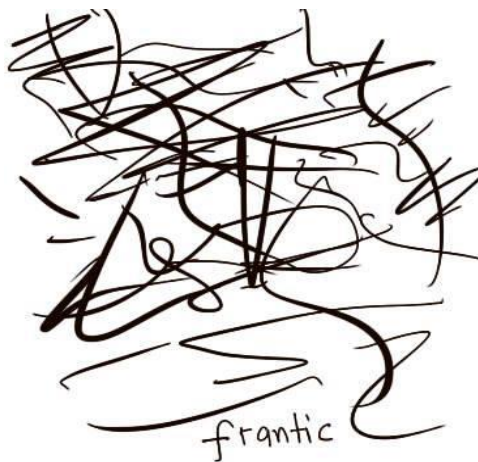
## What's More

In our previous module, you have learned what positive and negative emotions are. In this activity, you will learn to express your strong personal emotion.

### ACTIVITY: WORD PICTURES ICE BREAKER

1. Identify your present emotional condition or state. Example, *frantic*
2. Express the emotion using different strokes.

Example:



3. Explain your work and write it on a separate sheet of paper.
  1. What is the end effect of the activity?
  2. What have you felt after positively expressing your emotions?
  3. Would you recommend the activity to others?



## What I Have Learned

### Activity : Commitment Form

Complete the statement below

In this module, I realized \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As a result, I will \_\_\_\_\_

\_\_\_\_\_

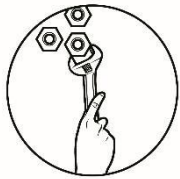
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## ***What I Can Do***

These are negative and positive emotions that anyone can feel. Some of these examples are given below:

### **POSITIVE**

### **NEGATIVE**

<ul style="list-style-type: none"> <li>• Love</li> <li>• Affection</li> <li>• Hope</li> <li>• Acceptance</li> <li>• Appreciation</li> <li>• Kindness</li> <li>• Relief</li> <li>• Integrity</li> <li>• Humility</li> <li>• Harmony</li> <li>• Honesty</li> <li>• Motivation</li> <li>• Solidarity</li> <li>• Satisfaction</li> <li>• Understanding</li> <li>• Respect</li> <li>• Peace</li> <li>• Confidence</li> <li>• Dignity</li> <li>• Energy</li> </ul>	<ul style="list-style-type: none"> <li>• Sadness</li> <li>• Boredom</li> <li>• Abuse</li> <li>• Bitterness</li> <li>• Anxiety</li> <li>• Revenge</li> <li>• Shame</li> <li>• Humiliation</li> <li>• Betrayal</li> <li>• Harassment</li> <li>• Fear</li> <li>• Failure</li> <li>• Misery</li> <li>• Bullying</li> <li>• Stress</li> <li>• Envy</li> <li>• Confusion</li> <li>• Inferiority</li> <li>• Irritation</li> </ul>
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**Activity : Fill in the grid below.**

Think of your five positive and five negative emotional feelings. Tell us about how you manage these feelings.

<b><i>POSITIVE/NEGATIVE EMOTIONS</i></b>	<b><i>WAYS TO MANAGE EMOTIONS</i></b>
e.g. stress in studies	Manage your time



## ***Assessment***

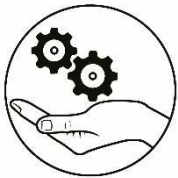
Multiple Choice. Choose the letter of the best answer. Write the chosen letter on a separate sheet of paper.

1. It plays a crucial role in our lives as they have essential roles.
  - A. Affection
  - B. Emotion
  - C. Feeling
  - D. Love
2. It is a Greek word which refers to having a good spirit
  - A. Eudaima
  - B. Eudaimonia
  - C. Eudaim
  - D. Eudaimonism
3. It is an unpleasant emotion caused by the belief that someone or something is dangerous.
  - A. Anger
  - B. Anxiety
  - C. Fear
  - D. Grief

4. Which of the following defines “humility” ?
  - A. Esteem
  - B. Humble
  - C. Hope
  - D. Integrity
  
5. Which of the following statement is a direct assault on your self-esteem?
  - A. “I am not worth it.”
  - B. “I failed.”
  - C. “I am good.”
  - D. “I am mentally disturbed.”
  
6. Which does not refer to negative emotion?
  - A. Boredom
  - B. Inferiority
  - C. Sadness
  - D. Solidarity
  
7. Which of the following defines “stress”?
  - A. Disorganized
  - B. Oriented
  - C. Pressure
  - D. Relax
  
8. Which of the following defines “feelings”?
  - A. Clever
  - B. Love
  - C. Pressure
  - D. Patience
  
9. Which of the following statement shows sign of stress?
  - A. Excited
  - B. Happy
  - C. Irritable
  - D. Lonely
  
10. Which of the following statement is one way of coping emotions?
  - A. Avoiding others.
  - B. Not blaming oneself.
  - C. Refusing advice
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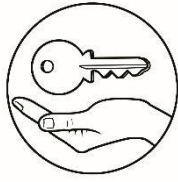
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  - C. Jealousy
  - D. Sadness
15. It is unpleasantly strong emotion triggered by danger.
- A. Anger
  - B. Fear
  - C. Disgust
  - D. Surprise



## ***Additional Activities***

### **Activity : Remember it Right**

1. Write down a special gift that was given to you by a loved one that you have lost.
2. Write what you have felt and realized.



## Answer Key

What I Know	Assessment
1. B	1. B
2. B	2. B
3. D	3. C
4. D	4. B
5. A	5. A
6. D	6. D
7. C	7. C
8. B	8. B
9. A	9. C
10. B	10. B
11. D	11. D
12. A	12. A
13. D	13. D
14. D	14. D
15. B	15. B

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