



# Module 2

## Coping with Emotions and Stress

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# WHAT ARE EMOTIONS?

Emotions are feelings we all have every day.

Examples of emotions:

- 😊 **Happiness** – when something good happens.
- 😞 **Sadness** – when you lose something or feel lonely.
- 😡 **Anger** – when you feel unfairly treated.
- 😨 **Fear** – when you feel unsafe or worried.
- 😌 **Calm** – when your body feels relaxed.

Emotions are **normal and natural**. Everyone has them. The problem is when they feel too big or hard to control.



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# WHAT IS STRESS?

Stress is your body's reaction when you feel pressure, worry, or fear.

You might feel:

- A fast heartbeat
- Sweaty hands
- A headache or stomachache
- The need to shout, cry, or hide

Stress is not bad by itself, but too much stress can make you feel tired, angry, or upset. Learning how to calm yourself is very important.

# WHY IS COPING IMPORTANT?

When you learn how to cope:

- You feel more **in control of your body and mind**.
- You can **avoid fights or conflicts**.
- You can think more clearly and make better choices.
- You feel **safer and more confident**.

# COMMON SITUATIONS CAUSING STRESS

## (EXAMPLES FROM DAILY LIFE):

- Someone shouts at you or criticizes you.
- You have to talk in front of other people.
- You are late for an appointment.
- There is loud noise or too many people.
- You feel bored, lonely, or misunderstood.

**Good news:** Stress can be reduced with simple, daily techniques.

# COPING STRATEGIES – SIMPLE TOOLS YOU CAN USE

Here are some easy ways to calm down when emotions are strong:

## **A. Deep Breathing Exercise ("3-3-3 breathing")**

- Sit comfortably.
- Breathe in through your nose for **3 seconds**.
- Hold your breath for **3 seconds**.
- Breathe out slowly for **3 seconds**.
- Repeat 5 times.

 *Try this every morning or when you feel upset.*

## **B. The "Safe Place" Imagination**

- Close your eyes and think of a place where you feel happy (a park, beach, or quiet room).
- Imagine the smells, sounds, and colors.
- Stay there in your mind for 2 minutes.

This helps your brain calm down.

## **C. Write it out**

If you can write, use a notebook to answer:

- "Today I feel..."
- "I am upset because..."

Writing helps remove heavy feelings from your mind.

## **D. The 5-4-3-2-1 Grounding Technique**

Look around and name:

- 5 things you see
- 4 things you can touch
- 3 things you hear
- 2 things you smell
- 1 thing you taste

 This brings your attention back to the present moment.

## E. Relaxing Activities

Do something simple you enjoy:

- Listen to calming music
- Draw or color
- Take a short walk
- Stretch your arms and legs
- Hug a pillow or soft object

## PRACTICAL EXERCISES

These exercises can be done daily, with or without a therapist.

### Exercise 1: "My Emotion Diary"

Each day, write or draw:

- One word or picture showing how you feel.
- What made you feel this way.
- What helped you feel better.

➔ Over time, you'll see what triggers emotions and what calms you.

### Exercise 2: "My Calm Kit"

Create a small box or bag with:

- A favorite photo
- A soft item (scarf, plush)
- A calming smell (soap, lotion)

Small music player or earphones

👉 Use it whenever you feel stressed.

### Exercise 3: Role-Play Calm Responses

Practice with a therapist or caregiver:

- One person pretends to be upset and shouts.
- The other person practices staying calm: breathing, saying "Let's talk later," or walking away.

#### **Exercise 4: "Stress Scale"**

Draw a thermometer with numbers 1–10:

- 1 = very calm

10 = very angry or scared

Each day, mark your level.

If it's 6 or higher, use one calming tool.

#### **Exercise 5: "Positive Reminders"**

Write down 3 calming sentences:

- "I can breathe and calm down."
- "This feeling will pass."

"I am safe right now."

Keep them in your pocket or room.



## REFLECTION QUESTIONS

1. When was the last time I felt stressed?
2. What signs does my body give me when I'm upset?
3. What helps me calm down the fastest?
4. Who can I talk to when I feel overwhelmed?

## KEY MESSAGE

Managing emotions is like exercising a muscle: the more you practice, the stronger you become.

Even small steps — one breath, one pause — can make a big difference.

## ACTION PLAN

1. Today, I will try: .....
2. One person I will ask for help if I need it: .....
3. One calming activity I like best: .....

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