

Stress Management and Self Care



Say to Teen: Breathe is the power behind all things. I breathe in and know that good things will happen. When we feel a strong emotion, what does our body do and how do we react? Let's research!

What Strong Emotions Do to Your Body

Materials:

- Paper
- Pencil
- Online access

Instructions:

- Have teen research and record their findings on how experiencing strong emotions such as fear, sadness, happiness, or anger affects their body.
- Then, have teen explore a different aspect of their body's reaction to the specific emotion.
- To prompt their research, adult could ask them:
 - What hormones are released when a person experiences fear?
 - What happens to the liver when a person experiences anger?
 - What happens to the heart when a person experiences sadness?
 - What happens to the respiratory system when a person experiences happiness?

Reflection: Have teen think about a time when they were experiencing a strong emotion. Discuss about the physical and mental signs with a specific emotion. Physical signs like jittery, crying, muscle tension, etc. Mental signs like mind goes blank, keep thinking about the same thing, etc.

