

THRIVE-N-LIFE: MINI

GETTING TO KNOW MY EMOTIONAL SELF

Directions: Complete each part.

PART 1: What are emotions?

1. Watch this short video: Emotions and the Brain 🕒 2:00 minutes

<https://youtu.be/xNY0AAUfH3g>

2. Draw line to connect the Words with the Concepts 🕒 5:00 minutes

<ol style="list-style-type: none"> 1. Feel good hormones 2. Hormones 3. Feeling Brain 4. Stress hormones 5. Emotions 6. Conscious Thinking 7. Brain 	<ol style="list-style-type: none"> A. The driving force behind my feelings and behavior B. Can dominate my emotions and hijack my brain C. Allows me to control my brain and manage my emotions D. Wired to look for threats and rewards E. Dopamine, oxytocin, or serotonin F. Chemical messengers that carry emotions through my body G. Adrenalin and Cortisol
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PART 2: How can my emotions hurt or help me?

<p>3. Now that you know what emotions are, and how they work, answer the following questions.</p> <p style="text-align: center;">🕒 5:00 minutes</p>	<p>Which emotions do I feel when I have a negative thought?</p> <hr/> <p>Which emotions do I feel when I have a positive thought?</p> <hr/>
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PART 3: Start managing your emotions today

<p>4. Positive thoughts trigger “Feel good” hormones.</p> <p style="text-align: center;">🕒 3:00 minutes</p>	<p>Review this list of ways to think positive and choose three options on the list to start using right away. List options below.</p> <p>https://www.lifehack.org/articles/communication/10-tips-make-positive-thinking-easy.html</p> <p>1) 2)</p> <p>Bonus* Here’s a list of ways to change negative thoughts.</p>
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