

Where Will it End?



PAUSE



CONTROL



WIN

wherewillitend.co.uk

WHO'S REALLY IN CONTROL?

You or your emotions?

Ever feel like your emotions are taking control? Like anger, stress or sadness are making choices for you?

We're going to talk about why we feel the way we do, how emotions can influence our decisions, and, most importantly, how YOU can take control.

Your emotions don't have to control you.

You have the power to take charge and change your story.

Master your emotions like a pro.



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TAKE A BREATH. UNDERSTAND & MANAGE YOUR EMOTIONS. CHOOSE THE RIGHT ENDING.

EMOTIONS & FEELINGS

What's the difference?

Emotions

- Happen automatically (you don't choose them)
- They're short-term reactions to situations
- Can affect your body (like a racing heart when you're scared)
- Can influence your decisions before you even realise it

Why does this matter?

Emotions can influence the decisions you make - sometimes without you even noticing. Learning to recognise them helps you stay in control and make choices you won't regret.

Feelings

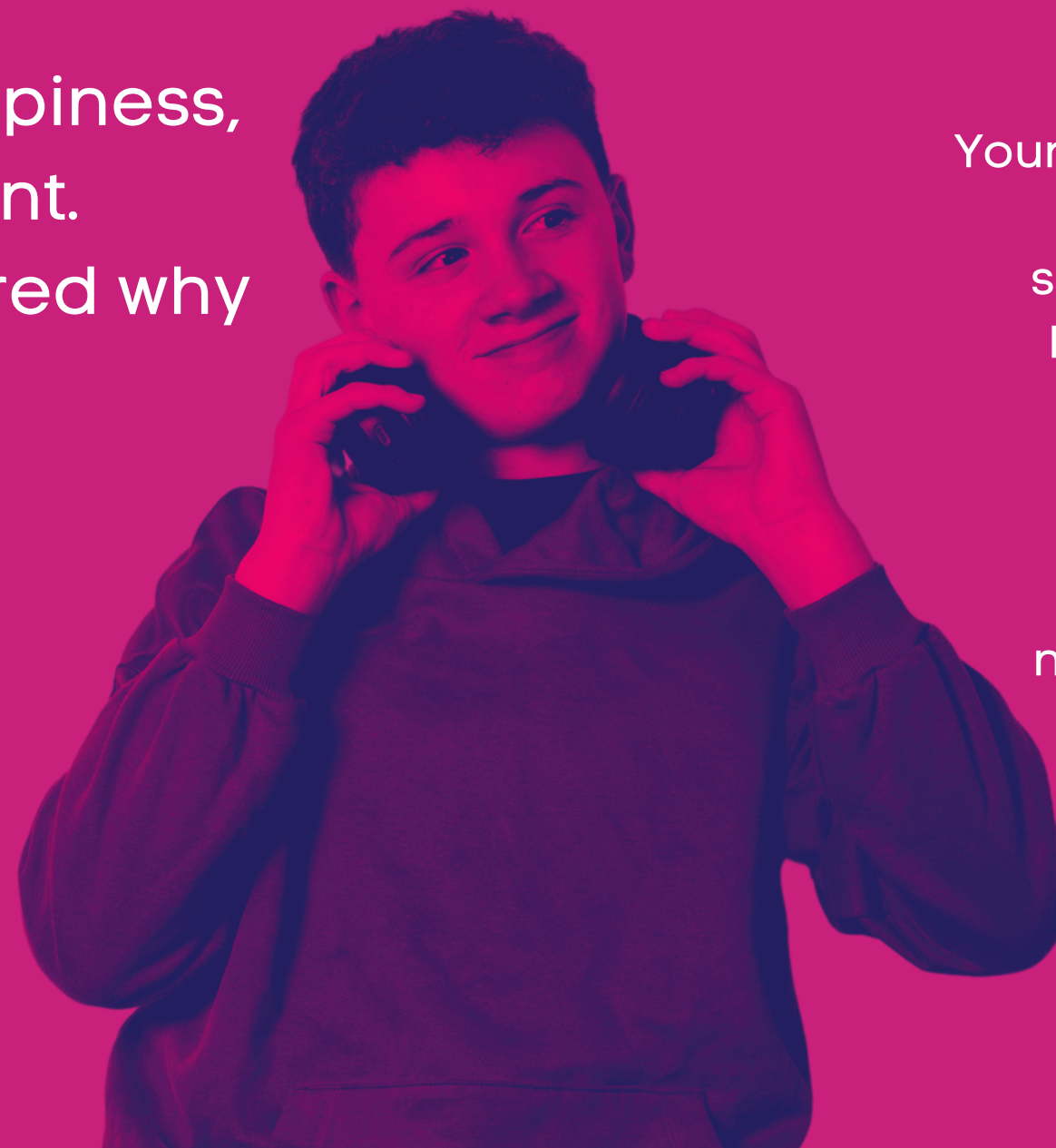
- Are how you interpret emotions
- Are shaped by your experiences, beliefs and memories
- Can last longer and affect your mood
- Help you understand how emotions impact your choices



WHY DO WE HAVE FEELINGS?

We all feel emotions - happiness, sadness, anger, excitement. But have you ever wondered why we feel them?

Let's break it down.



Our brain is the boss!

Your brain controls how you feel. A special part called the limbic system helps you react to situations. If something scary or surprising happens, like a loud bang, your brain kicks in to help you respond fast!

The chemicals behind feelings

Your body uses tiny messengers called neurotransmitters to send signals about emotions.

For example, when you're happy, your brain releases dopamine - like a little cheerleader that boosts your mood!

HOW CAN I RECOGNISE WHAT I'M FEELING?

When we experience emotions, different things happen in our bodies. These include:

Physical changes:

Emotions trigger physical responses in our body. These can be things like an increased heart rate, sweating and quick breathing. These reactions help your body prepare for action.

Your thoughts:

Your brain analyses what's happening and decides how you feel about it. The way you think about a situation can change how strong or intense an emotion feels.

Our behaviours:

Emotions often change how we act, such as smiling when you're happy or clenching your fists when you're mad. It's important you can recognise your emotions so you can manage your behaviour.



REMEMBER

- Everyone experiences emotions differently.
- What makes one person happy might not affect someone else the same way.
- Your past experiences and beliefs can shape how you feel.

Understanding your emotions helps you stay in control and make better choices.



WHY DOES UNDERSTANDING YOUR EMOTIONS MATTER?

When you understand your emotions, you have the power to control how you react - so you can make choices you won't regret.

Emotional awareness

The more you understand your emotions, the better you can recognise what you're feeling and why. Self-awareness is the first step to managing your emotions instead of letting them control you.

Express yourself clearly

When you understand your emotions, you can talk about them more easily. This helps others understand how you're feeling and why you might be acting a certain way.

Understanding others better

Everyone feels emotions, but we all experience them differently. Understanding emotions in yourself helps you build empathy and connect with others in a better way.

Stay in control

Recognising emotions early helps you pause and think before reacting. This can stop you from making impulsive decisions that could lead to regrets.

THE FIGHT, FLIGHT OR FREEZE MODEL

Ever felt scared, stressed or overwhelmed? When we face danger, or even just a stressful situation, our bodies react automatically to help us stay safe.

This is called the Fight, Flight or Freeze Response.



Fight

You stand your ground and try to tackle the situation head-on. This response kicks in when you feel like you need to defend yourself. Example: someone pushes you in the hallway, and you push back without thinking.



Flight

You feel the need to escape. Your brain tells you to get away from the situation as quickly as possible. Example: you see a big argument starting, and instead of getting involved, you walk away to avoid trouble.



Freeze

You feel stuck - like your body won't move. Your brain decides that staying still might be the safest option. Example: a teacher suddenly calls on you in class, and your mind goes blank. You don't know what to say, so you just sit there, frozen.

MANAGING EMOTIONS & FEELINGS

Recognising how you feel is an important part of emotional intelligence and personal well-being.

It involves understanding the signals our bodies and minds are sending. Here are strategies to help you recognise and understand your emotions more clearly:

Pay attention to your body

Your body gives clues about your emotions - being aware of these signs can help you figure out what you're feeling.

Keep a journal

Writing down your thoughts and emotions helps you process them - over time, you might notice patterns, like certain situations that always make you feel frustrated or anxious.

Try mindfulness & meditation

Taking a few minutes to slow down and breathe can make a big difference - it helps you notice your emotions without overreacting.

Check your thoughts

Your emotions are often shaped by what you're thinking - ask yourself: are my thoughts negative or positive? Am I focused on the past, present or future? Recognising these patterns can help you shift your mindset.

Spot your triggers

Some people, places or situations can set off strong emotions - if you know what triggers you, you can prepare yourself or even avoid unnecessary stress.

Expand your emotional vocab

Saying "I feel bad" isn't always enough, try to be more specific - are you frustrated, disappointed, anxious? The more you understand your emotions, the easier it is to manage them.

Talk it out

Friends, family and trusted adults can help you make sense of what you're feeling - sometimes, they notice things about your emotions that you don't!

SOCIAL MEDIA DO'S & DON'TS

1. Think before you post Pause for a moment before posting - check in with how you're feeling. If you're angry or upset, you might post something you'll regret later.

2. Practice empathy Think about how others might feel before reacting or commenting - we all have different emotions, so let's try to understand each other.

3. Use positive language Be kind in what you say - words can either lift people up or bring them down. Let's keep things positive and supportive!

4. Set boundaries Know when it's time to take a break from social media - if it's starting to bring you down, it's okay to step away and recharge.

1. React too quickly Don't post when you're feeling heated - take a step back, breathe, and maybe talk to a trusted adult before reacting.

2. Overshare your emotions It's okay to express how you feel, but remember not everything needs to be shared online - some things are better kept private.

3. Get caught in negative drama Avoid arguments or trying to "win" online fights - it's not worth your energy and can leave you feeling worse.

4. Forget self-care Make sure to take care of yourself offline - do things that make you happy and help you feel good!

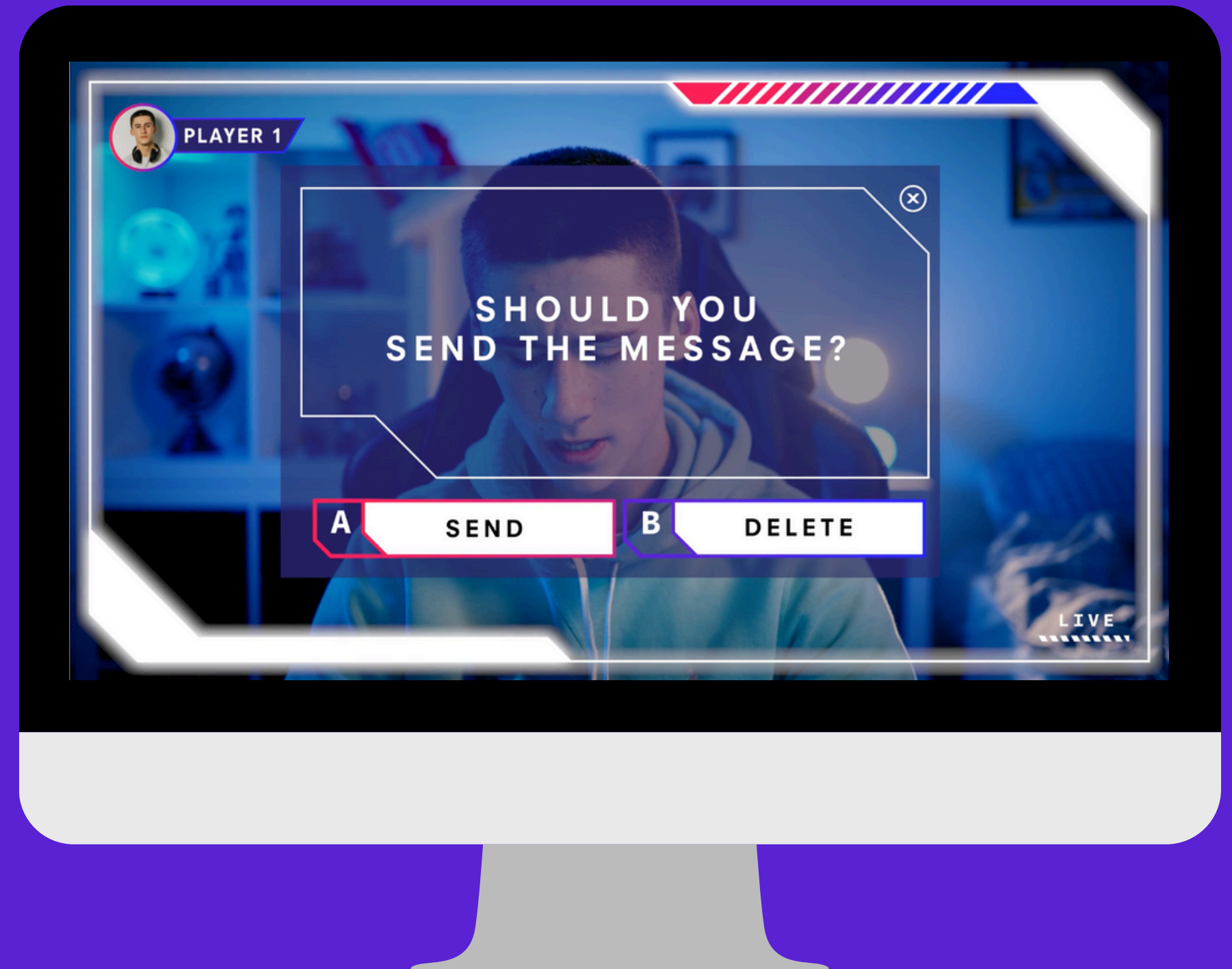
5. Compare yourself to others What you see online isn't always real - don't measure your worth by someone else's highlight reel.

DO'S
&
DON'TS

FIND OUT HOW OUR EMOTIONS CAN TAKE OVER

This video explains how our emotions can influence the decisions we make.

The right decision isn't always clear when emotions are high, but it is important to learn how to manage your emotions so you can make the right decisions for yourself and others.



Want to learn how to master
your emotions like a pro?

Unlock more strategies and
level up your mindset by clicking
through to the guide >

Join the young people of Staffordshire
and Stoke-on-Trent already making the
right moves.





If you ever feel your emotions
beginning to take over, remember to:



PAUSE



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**Take a breath.
Understand and manage your emotions.
Choose the right ending.**