

# HOW TO CULTIVATE HAPPINESS

Serotonin is the "feel good" chemical in your brain. Low levels can lead to depression or anger but there are lots of easy ways to boost it:

- Fresh air, exercise, sleep & routine
- Plenty fruit/veg, eat regularly & drink water
- Keep a diary of your feelings to stay on track and increase emotional awareness
- Have a grateful, positive, approach and challenge negative thoughts
- Connect with others and listen properly but also have time alone to relax
- Be brave by trying new things, meeting new people and finding meaning in your life
- Build resilience - work towards goals; reflect on your progress; and be okay with failure
- Keep learning...and learn from your experiences
- Breathe and smile!

# TOP TIPS!

## GROUNDING EXERCISE

For use during a panic attack; when you need to stay calm; or anytime you feel 'disconnected' from your body or world

Look around you....

### IDENTIFY AND NAME:



5 things you can SEE



4 things you can FEEL



3 things you can HEAR



2 things you can SMELL



1 thing you can TASTE



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# DEALING WITH EMOTIONS

## INFORMATION FOR YOUNG PEOPLE



Emotions are strong feelings that affect your whole body making you act in a certain way. Confusing, complex, unpredictable and can last from seconds to minutes.

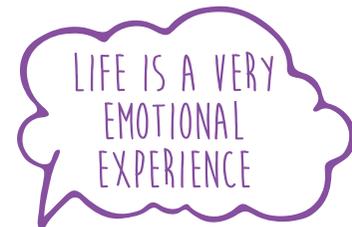
Moods are less intense, less specific and less likely to be triggered by an event than emotions. Can last from minutes to several days and affect how you experience emotions.



Your brain develops until your early 20s so it's no wonder you can feel overwhelmed, act out, feel amazing one day but terrible the next. It's all part of being human!

Developing emotional awareness will help you understand what you feel and why you feel it.

This means you can have more control over how you deal with and express your emotions.



Tony Goldwyn

## FUN FACTS!

### DID YOU KNOW?

There's over 100 emotions but 7 basic ones – anger, sadness, fear, surprise, disgust, contempt and happiness – you often experience more than one at a time! And they are hard to fake!

Emotions aren't good or bad, but they are all important and they do pass.

The amygdala is part of the brain that deals with the experience of emotions.

Music, colour, cute cat pictures, smells and words evoke emotions.

Different parts of the body react to different emotions. You might feel them in your stomach, throat, shoulders, neck, etc.

There are 48 muscles in your face to express emotions. It takes fewer muscles to smile than it does to frown!

Your brain is constantly changing - so you can create your own life, thoughts and future!

If you're in a bad mood, smile! It releases happy chemicals (dopamine) which boosts your mood automatically.

## WHY AM I RAGING?

## ANGER

- A basic human emotion that's helped us survive
- Can cause problems in thinking, feeling, behaviour and relationships if felt too often
- You become angry because of a:  
trigger + individual characteristics  
+ assessment of the situation
- It's experienced:  
**Physically** (fast heart, funny tummy, tight muscles, etc)  
**Cognitively** (thoughts of trigger)  
**Behaviourally** (shouting, slamming doors, crying, etc)

### What can you do to stop rage?

**S**tep back from the situation

**T**ake a breath to think

**O**bserve what's happening in mind/body and consider your options

**P**roceed after having had a moment before doing something you might regret

\*Dr. Elisha Goldstein

**R**eaction: identify what you're reacting to

**A**nger: identify how angry you are on a scale of 1-5

**G**rudge: are you holding one? If so, tell the person. If not, let it go.

**E**xpress: tell the other person what you need. And say, 'thank you for listening'

\*The British Association of Anger Management

WHEN ANGER RISES, THINK OF THE CONSEQUENCES

Confucius

## SADNESS

Humans try to avoid sadness but it's important to let yourself feel it, and then let it go if you can. It can be a sign things aren't right in your life and need to change. Crying can also reduce feelings of stress

Try not to dwell on things that make you sad though. If you keep thinking about the same thing that makes you sad, you could switch to thinking about something else – over time it will become less painful.

## DEPRESSION

If your low mood, feelings of sadness or unhappiness go on for more than a few weeks, it may mean you are becoming depressed. Symptoms can include: lack of interest or pleasure in activities; change in weight or appetite or sleep patterns; sluggishness; worthlessness; excessive guilt and problems concentrating.

If you experience this, let someone you trust know and contact your doctor – they can help!

DON'T WORRY!  
IT'S OKAY NOT TO  
FEEL OKAY