

*"Just as a solid rock  
is not shaken by the  
storm, even so the  
wise are not  
affected by praise  
or blame"*

## BUDDHIST COUNCIL OF VICTORIA

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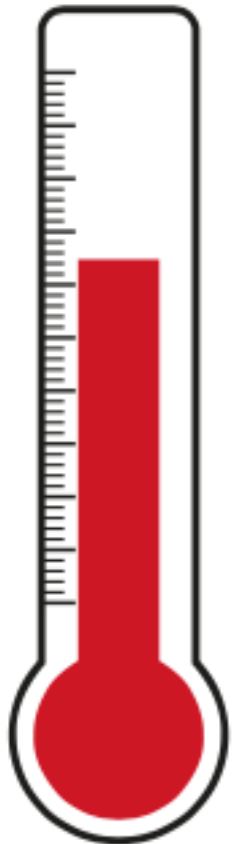


Adapted from the Victorian Education Department's Respectful Relationships Curriculum

# DEALING WITH STRONG EMOTIONS

*Coping Styles & Strategies*

*How strong are your emotions?*



10	Boiling!
9	Extremely strong
8	Very strong
7	Quite strong
6	Strong
5	A lot
4	To a degree
3	Weak
2	A little
1	Not much

*What are some strong emotions?*



Happy – Delighted – Thrilled

Annoyed – Angry – Furious

Embarrassed – Ashamed – Humiliated

Unhappy – Sad – Miserable

Worried – Anxious – Panicky

Worried – Afraid – Terrified

## COPING STYLES & COPING STRATEGIES



### **Energetic Activity**

Includes things like exercise, sport, dance, active play which can help lift your mood

### **Self- Calming Activity**

Includes things that calm you down, like drawing, mediation, praying, being in a quiet space, listening to soothing music, taking a shower, snuggling in bed, walking the dog, stroking the cat, cuddling a teddy

### **Shifting Attention**

Includes things that take your mind to a different place like reading, watching TV, playing games, doing a favourite hobby

### **Getting Organised**

Includes activities that help you plan, get organised, like making lists, tidying up, making a plan, organising an activity, making a game plan