

Emotions running high?

Try the following steps to gradually release the “fizz” from your emotions.

There are moments in life when the pressure is on and we face lots of uncertainty and change, that we start fizzing. The high levels of fizz have to come out. If we keep shaking the bottle with the lid on, the fizz keeps building. However, the good news is that we can (and should) gradually, slowly and in a controlled way begin to open the bottle cap.

Rules for expressing emotions:

- Never hurt others
- Never hurt yourself
- Never hurt animals
- Don't be destructive

You can:

- Find creative outlets
- Squeeze a pillow
- Scribble on a piece of paper
- Listen to uplifting music
- Focus on the positive in your life and what is going well

Coke Bottle Lesson

1. Stop what you are doing (as soon as is practically possible).
2. Make yourself comfortable, preferably in a quiet spot.
3. Take some deep breaths to help “settle yourself.” If your heart is still beating fast and you are struggling to calm down, think of things that make you feel happy and relaxed. Keep thinking of these things until you are more relaxed, while concentrating on your breathing to slow it down and take deep breaths in and out.

4. Once you are a bit calmer, find a way that works for you to get your feelings and thoughts out (to express or start to let the fizz out gradually). For example, you can write down everything that is worrying you, you can draw what you are feeling, you can speak out loud to yourself or a trusted adult. Allow a little of your emotional fizz to come out of the bottle, without this being a big “explosion.”
5. Think of what you CAN do in your current situation. Is there any problem that you need to solve or find a solution for? Is there something that you need to accept (something that is out of your control)? What will help you feel better? What can you remind yourself of? (e.g. I have felt stressed before, and I got through it. I am learning how to handle my emotions through this challenging time). This is your action plan.

6. Monitor your “fizz” (emotional levels). When they start increasing, take yourself through the above steps again if need be.

If you find you need further help, then reach out to a trusted adult. I am here for you too and you are welcome to send me an email telling me how you are coping.

7. Remember: we can't help what we feel, but we can help what we do with our feelings. We have a choice how we respond!

Warmest regards,

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