**Emotional Awareness**

As we grow up, we become better and better and knowing

how we are feeling and

why we are feeling that way

This is our emotional awareness.

We will prepare posters to give details on a list of helpful strategies on how to be more emotionally aware, how to increase positive emotions and how to fight off depression.

**What to do:**

In groups of 2, use the homework online under M. Maxwell to complete the following:

1. Choose one of the following 3 sections to research. You must research the entire section.
2. Under the section you chose, choose ONE of the strategies to sign up for. SIGN UP!
3. Try the strategy (or try something similar to the strategy).
4. Prepare a poster which explains that strategy. The poster must include:
5. What is the strategy? This is your title.
6. What is the strategy used for?
7. at least 3 visuals that enhance the audience’s understanding of the strategy
8. how effective the strategy is (in your opinion)

To determine how effective the strategy is, you must try it until next health class and then finish your poster next health class.

**5 Ways to Be More Aware of Your Emotions**

http://teenshealth.org/teen/your\_mind/best\_self/emotional-awareness.html?tracking=T\_RelatedArticle

1. Notice and name your emotions
2. Track one emotion
3. Build your emotional vocabulary
4. Think of emotions that vary in intensity (emotion families)

For example: Are you feeling irritated, annoyed, mad, angry, irate, or fuming?

1. Keep a feelings journal

**3 Ways to Increase Positive Emotions**

[http://teenshealth.org/teen/your\_mind/emotions/positive-emotions.html?tracking=T\_RelatedArticle#](http://teenshealth.org/teen/your_mind/emotions/positive-emotions.html?tracking=T_RelatedArticle)

1. Track Your Positive Emotions

2) Increase your positive emotions

3) Positivity Treasure Chest

**5 Ways to Fight Depression**

http://teenshealth.org/teen/your\_mind/problems/depression\_tips.html?tracking=T\_RelatedArticle

1. Exercise
2. Nurture Yourself with Good Nutrition
3. Identify Troubles without Dwelling on Them
4. Express Yourself
5. Try to Notice Good Things -Gratitude

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| Group Members | Category  \*5 Ways to Be More Aware of Your Emotions  \*3 Ways to Increase Positive Emotions  \*5 Ways to Fight Depression | Strategy: |
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