**EFFECTIVELY MANAGING OUR EMOTIONS INCLUDES:**

**-Soothing and calming ourselves when upset;**

**-Practicing self-control;**

**-Managing anger;**

**-Controlling impulses;**

**-Expressing emotions at the right time and place;**

**-Avoiding sustained anxiety, anger and depression;**

**-Handling inevitable defeats and setbacks in life;**

**-Preventing negative emotions from dominating our judgment and problem-solving.**

**Adapted from: SOS Help for Emotions: Managing Anxiety, Anger and Depression by Lynn Clark, PhD**