

Why we lose control of our emotions

1. The bell rings at school and you can't find your shoes to go outside and play soccer so you "flip your lid" like a pot boiling over.
2. Something like this happens to everyone, so we all need to learn to manage our emotions.
3. Busyness causes stress and emotional overload.
4. Identify upper and lower brain. Lower is impulse, upper is reasoning.
5. Lower is automatic, like breathing, fear, scared, so flight, fight, or freeze.
6. Upper is cerebral cortex. Problem solving, thinking out solutions.
7. When these two parts are not communicating you might be overwhelmed when it's not necessary. Triggers set off for anxiety, rage, or depression.
8. Realize that you are about to flip your lid and turn down the heat.
9. Identify smaller emotions that lead to outbursts and think it through.
10. Walk away, take deep breaths and find someone to talk to. Process it.
11. Give time for the upstairs brain to do some peaceful problem solving.
12. Other trusted counselors, or friends can help find rational solutions.
13. Helpful conclusions in the process might include, "I need a hug", "I need some space", "I need time", or "I need a second chance".
14. The goal is to be peaceful problem solvers.