



Shake off feelings

We can shake off uncomfortable feelings by doing the opposite of what we feel like doing.

What mood we are in and how we feel always affects how we interpret our world. If we feel strong emotions, we will pay more attention to things around us that match our mood. When we feel angry, we notice things in the world that are unfair or unjust.

What does this have to do with regulating emotions?

It can be useful to remember that if you keep focusing on things that match your mood, it will be hard to shake off uncomfortable feelings.

WHAT CAN YOU DO TO SHAKE OFF FEELINGS?



Try doing something that is the opposite to what you feel like doing.



If you feel angry, you might feel like picking a fight. Try the opposite, such as doing something nice for someone.



If you feel sad, instead of being alone, try the opposite, such as connecting with friends.

