

MANAGING EMOTIONS

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Managing emotions means learning how to understand, control, and express our feelings in a healthy and positive way. Everyone feels different emotions like happiness, sadness, anger, fear, or excitement every day. These emotions are natural and important because they help us respond to what happens around us. However, sometimes our emotions can feel too strong, and if we don't manage them well, they can cause problems in our relationships, school, or work.

The first step in managing emotions is understanding our feelings. We need to be able to recognize what we are feeling and why we feel that way. For example, if we feel angry, we should ask ourselves, "What made me angry?" or "Why am I feeling this way?" Understanding the reason behind our emotions helps us handle them better instead of just reacting without thinking.

The next important step is controlling how we react to emotions. Just because we feel angry or sad doesn't mean we have to shout, cry, or act in a hurtful way. Instead, we can take a moment to calm down. One helpful way to do this is by taking deep breaths. When we take slow, deep breaths, our body relaxes, and we can think more clearly. Another useful method is to count to ten slowly before we respond, which gives us time to control our reaction.

Talking to someone we trust is also a very helpful way to manage emotions. When we share our feelings with a family member, friend, or teacher, it helps us feel supported and less alone. Sometimes just talking about a problem can make us feel lighter and help us see solutions more clearly.

It is also important to practice positive thinking. Often, when something goes wrong, we focus only on the negative and feel upset or hopeless. Instead, we can try to think about what we learned from the situation or what we can do next time. For example, if we made a mistake in a school project, instead of thinking, "I always fail," we can say, "I can improve if I try again." Positive thinking helps us feel more confident and motivated.

Doing activities we enjoy is another great way to manage emotions. Whether it's drawing, playing sports, reading a book, or listening to music, doing things that make us happy helps us feel relaxed and forget about our worries for a while. It helps our mind focus on something good instead of being stuck on negative feelings.

Finally, practicing mindfulness is very helpful for managing emotions. Mindfulness means paying attention to the present moment without judging it. For example, instead of worrying about what happened yesterday or what might happen tomorrow, we focus on what is happening right now—like feeling the air around us or listening carefully to sounds. Mindfulness helps us stay calm and better understand our feelings as they come.

In simple words, managing emotions means knowing what we feel, understanding why we feel that way, and choosing how to respond in a good and healthy manner. It helps us stay calm, think clearly, talk to others, stay positive, enjoy happy activities, and focus on the present moment. Learning how to manage emotions makes life easier and helps us build better relationships, solve problems, and feel happier every day.