

Lesson 7

Dealing with Troublesome Feelings

Overview

This lesson teaches about dealing with troublesome feelings and the importance of getting help when needed. Students review the benefits of expressing feelings in healthy ways and discuss why having troublesome feelings can make this hard to do. They list situations in which teens might have various troublesome feelings and describe ways to deal with these feelings. After discussing which trusted adults teens could talk to about troublesome feelings, they identify support people in their own lives and explain why it would be helpful to talk to a trusted adult about troublesome feelings.

Time: 45–60 minutes

Lesson Objectives

Students will be able to:

1. Describe healthy ways to deal with troublesome feelings.
2. Identify trusted adults to talk to about troublesome feelings.
3. Summarize the benefits of talking with parents or other trusted adults about troublesome feelings.

National Health Education Standards

Standard 1: Comprehending Concepts

Performance Indicator

1.8.1: Analyze the relationship between healthy behaviors and personal health.

Performance Indicator

1.8.7: Describe the benefits of and barriers to practicing healthy behaviors.

Materials & Preparation

Prepare

- Have the **Expressing Feelings in Healthy Ways** slide or transparency (Slide 7).
- Have **Troublesome Feelings** (Slide 8), or make a transparency, if needed.

Copy

- **Time to Talk: Troublesome Feelings** (Master 3) for each student.

Review

- **Dealing with Troublesome Feelings** (*Student Workbook* pages 14–15).

Health Terms

Review the teaching steps, slides, master and activity sheet for any terms or concepts your students may not know, and be prepared to explain them. Examples:

- counselor
- therapist
- overwhelmed
- troublesome

Support for Diverse Learners

To ensure student success with comprehending concepts:

- Pre-teach new concepts and terms. Write new terms on the board. Frequently use verbal checks for comprehension. Clarify terms that may have multiple definitions (e.g., troublesome).
- Distribute copies of the **Expressing Feelings in Healthy Ways** and **Troublesome Feelings** slides and review, as needed.
- Review the **Time to Talk: Troublesome Feelings** family sheet with students before sending it home to discuss with a family member or other trusted adult. Discuss the content and answer any questions students may have.

To ensure student success with reading and writing:

- Put students in pairs to complete the chart on the **Dealing with Troublesome Feelings** activity sheet, pairing students with stronger reading and writing skills or peer tutors with students who may need help. Then place pairs into groups of 4 to share their responses and then report to the class.
- Allow students to complete the Exit Ticket as homework, work in pairs, and/or share responses with a trusted adult after school.

Introduction

■ Get students ready for learning

Transition

During the last lesson you learned about expressing feelings in healthy ways. On a piece of paper, describe at least 2 healthy ways to express feelings.

Allow students to focus and work quietly for a minute or two.

Sometimes it can be hard to express a feeling in healthy ways. On your paper, list at least 3 difficult feelings that can be hard to express in healthy ways.

Again, allow students to focus and work quietly for a minute or two.

Allow them to share the difficult feelings they listed, and make a master list on the board.

Motivate

Have you ever helped someone who was having one of the feelings we just listed? What did you do? How did it make you feel to help that person?

Allow students to share their experiences. Try to elicit the idea that helping someone with a difficult feeling can make both people feel better.

Teaching Steps

■ Define troublesome feelings

Explain

The feelings you've listed are all feelings that can sometimes be difficult to experience or express in healthy ways. These can all become *troublesome* feelings. This means that the feelings can cause trouble or problems for people.

Prepare

Show the **Troublesome Feelings** slide.

State

Troublesome feelings are strong feelings that can cause problems for you or make you feel overwhelmed.

Ask & Discuss

Can you think of some examples of troublesome feelings young people your age might experience?

Allow students to respond to the question and discuss their ideas. Add additional feelings to the list on the board.

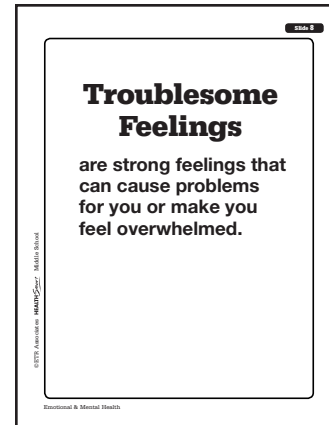
Summarize

Feelings that can become troublesome include feeling hurt, lonely, sad, scared, worried, depressed or angry. Most of us have had some of these feelings before. They become troublesome when they make you feel overwhelmed or cause problems for you. Sometimes it can be hard to know how to express troublesome feelings in healthy ways because they can be very strong.

■ Review how to express feelings in healthy ways

Review

You talked about healthy ways to express feelings in the last class. Let's review how you can use some of these same ideas to help you deal with troublesome feelings, and how troublesome feelings might be different and require extra help.

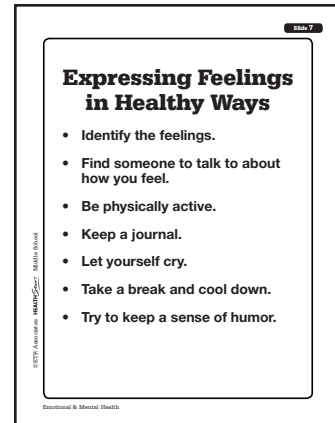


Slide 8

Show the **Expressing Feelings in Healthy Ways** slide and review the ideas, stressing the following points in particular.

- **Identify the feelings.** If you're feeling overwhelmed by a troublesome feeling, naming exactly what that feeling is can help you start to deal with it.
- **Find someone to talk to about how you feel.** This is extra important with troublesome feelings. There are people who can help. Parents, teachers and other adults at school or in the community can give you support and advice.
- **Let yourself cry.** Sometimes strong feelings can make you want to cry. Crying can help relieve the feelings. Most people feel better after they cry. So find a safe or private place, or be with a person you trust, and let yourself cry if you need to.
- **Take a break and cool down.** Especially if the troublesome feeling is anger, taking a break to cool down can help you think more clearly and decide the best way to handle things.

The other ideas you see here can all help too—being physically active, keeping a journal, managing stress and having a sense of humor. Doing these things on a regular basis can help keep difficult feelings from building up and becoming troublesome.



Slide 7

Ask & Discuss

Why is it extra important to get help when feelings have become troublesome?

Allow students to respond to the question and discuss their ideas.

Summarize

Not dealing with troublesome feelings can result in physical and emotional health problems. These feelings can get stronger and cause problems over time. So it's important to seek help if you are experiencing troublesome feelings.

■ Students suggest ways to deal with troublesome feelings

Complete & Share

Direct students to turn to **Dealing with Troublesome Feelings** on page 14 of the Student Workbook.

Some common troublesome feelings that many teens experience are worry, anger, hurt and loneliness. Let's fill out columns 2 and 3 of this chart for the first feeling listed—the feeling of worry. What is a situation in which someone your age might feel worried?

Allow students to suggest possible situations and choose the one they think is most common.

Give them time to write the situation in the chart on the activity sheet.

What are some ways a person could deal with or express the feeling of worry in a healthy way?

Allow students to make suggestions and explain why each is a healthy way to handle the feeling. Give them time to write one of the ways in the chart on the activity sheet.

We'll come back and fill out column 4 later. Now you're going to work in groups to fill out columns 2 and 3 of the chart for the other troublesome feelings.

Put students in groups of 3 or 4 and allow time for them to complete columns 2 and 3 for the remaining feelings on the activity sheet—anger, hurt and loneliness.

Review each of the feelings, allowing groups to share their responses.

What are some situations in which a person might feel angry?

What are some healthy ways to deal with anger?

What are some situations in which a person might feel hurt?

What are some healthy ways to deal with feeling hurt?

What are some situations in which a person might feel lonely?

What are some healthy ways to deal with loneliness?

The worksheet is titled "Dealing with Troublesome Feelings" and includes the following table:

Column 1	Column 2
Troublesome Feeling	Possible Situation
Worry	
Anger	
Hurt	
Loneliness	

Directions: Use the following steps to complete this activity sheet.
 • In column 2, describe a situation in which a person your age might feel each of the feelings listed in column 1.

Workbook pages 14–15

Make sure students are applying techniques they've learned in previous lessons to deal with these troublesome feelings in healthy ways.

■ **Students identify trusted adults who can help**

Ask & Discuss

Who are some people teens could talk to if they were experiencing troublesome feelings?

Allow students to respond to the question and discuss their ideas. List their responses on the board.

Summarize

Trusted adults you can talk to about troublesome feelings may include:

- Your parents or guardians
- School counselors
- Teachers
- School nurses
- Therapists
- Doctors

Explain

You can also talk to your friends. But when troublesome feelings are very strong, it's important to tell a trusted adult.

Ask & Discuss

What are the benefits of talking to a trusted adult about troublesome feelings?

Allow students to respond to the question and discuss their ideas. List their responses on the board.

Summarize

Talking about your feelings can help them seem less overwhelming. Also, adults have more experience dealing with feelings. They will be more likely to know how to help a teen who is having troublesome feelings.

Complete

Direct students to complete column 4 on the **Dealing with Troublesome Feelings** activity sheet. Allow students to share their responses for each of the feelings.

What trusted adult could you talk to if you were feeling worried?

What trusted adult could you talk to if you were feeling angry?

What trusted adult could you talk to if you felt hurt?

What trusted adult could you talk to if you felt lonely?

Summarize

When feelings become troublesome, getting help is very important. The people you've listed can all help you deal with troublesome feelings.

Community Connection

Invite a counselor, therapist or doctor to talk to the class about how he or she can help students deal with troublesome feelings.

Assessment & Closure

Students demonstrate learning

Exit Ticket

On a piece of paper, write a troublesome feeling and describe at least 2 healthy ways to deal with it. Then list at least 2 trusted adults you could talk to about the troublesome feeling and explain why it's important to talk to a trusted adult about troublesome feelings. Be sure to put your name on your paper and hand it in before you leave class.

Write the criteria for completing the Exit Ticket on the board and allow time for students to complete the assignment.

End the lesson

Send Home

Distribute a **Time to Talk: Troublesome Feelings** family sheet to each student. Explain

Note to Families:
Healthiest "Time to Talk" activities will help you engage family members in important health conversations.

Time to Talk Master 3

Troublesome Feelings

When to Talk
Anyone, especially when your family is going through a difficult time. The goal is to help your own or another handle strong feelings in a healthy way.

What to Say

- ☐ What feelings do you think are serious enough to call "troublesome"?
- ☐ What are some different ways people may express troublesome feelings?
- ☐ What are some healthy ways a person can deal with these feelings?
- ☐ What are some consequences of ignoring troublesome feelings?

Things to Share:

- ☐ Talking about troublesome feelings is one way to help deal with them. Talking can help you think about things differently.
- ☐ It's important to talk to someone when you are having feelings that make you feel overwhelmed or out of control.
- ☐ It's also important to talk about your feelings before they become troublesome.
- ☐ We all have times we feel like this. Give us a compliment from your own life!
- ☐ You can always talk to me about your feelings.
- ☐ Teachers, nurses, coaches and counselors are some of the people you can talk to at school.
- ☐ Adults in your church or youth organizations can also talk with you.

Things to Know

- ☐ Fear, anger, sadness, loneliness, jealousy, obsession and fear are strong feelings everyone experiences.
- ☐ Events like divorce, death, bullying or harassment can cause troublesome feelings.
- ☐ Troublesome feelings that are not taken care of can get worse if a person doesn't seek help.
- ☐ Having family, friends and others to talk with is important for all young people.

Reviewed & Monitored Health

Master 3

that they will take this sheet home and talk to a parent or older family member about troublesome feelings.

Close

Find a partner. You'll have 1 minute to list as many troublesome feelings as you can think of.

Allow pairs to brainstorm for 1 minute. Then call on each pair to share one of the feelings they listed and allow students to suggest what they would do to help someone who had this feeling. Make sure students include getting help from a trusted adult in their suggestions.

Assess

Collect students' Exit Tickets and evaluate their work for this lesson.

Assessment Evidence

Objective 1

Students described healthy ways to deal with troublesome feelings by:

- Completing the Exit Ticket.

Objective 2

Students identified trusted adults to talk to about troublesome feelings by:

- Completing the Exit Ticket.

Objective 3

Students summarized the benefits of talking with parents or other trusted adults about troublesome feelings by:

- Completing the Exit Ticket.

(Scoring Rubric, page 158)

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Lesson 7 Exit Ticket				
Objective	4	3	2	1
1. Healthy Ways to Deal with Troublesome Feelings	Lists a troublesome feeling and clearly and correctly describes 2 or more healthy ways to deal with it.	Lists a troublesome feeling and describes in general terms 1 healthy way to deal with it.	Lists a troublesome feeling and vaguely describes 1 way to deal with it that may or may not be healthy.	Does not list a troublesome feeling or describe a healthy way to deal with it.
2. Whom to Talk to About Troublesome Feelings	Names 2 or more appropriate trusted adults to talk to about the troublesome feeling listed.	Names 1 appropriate and trusted adult to talk to about the troublesome feeling listed.	Names 1 trusted adult who may or may not be appropriate to talk to about the troublesome feeling listed.	Does not name a trusted adult to talk to about the troublesome feeling listed.
3. Benefits of Talking with Parents and Other Trusted Adults	Clearly and specifically explains the benefits of talking to a trusted adult about troublesome feelings.	Explains in general terms the benefits of talking to a trusted adult about troublesome feelings.	States that it's important to talk to a trusted adult about troublesome feelings, without explaining the benefits.	Does not explain why it's important or describe any benefits of talking to a trusted adult about troublesome feelings.