



# PSHE and Citizenship

Relationships | Be Yourself

# Uncomfortable Feelings



# Aim

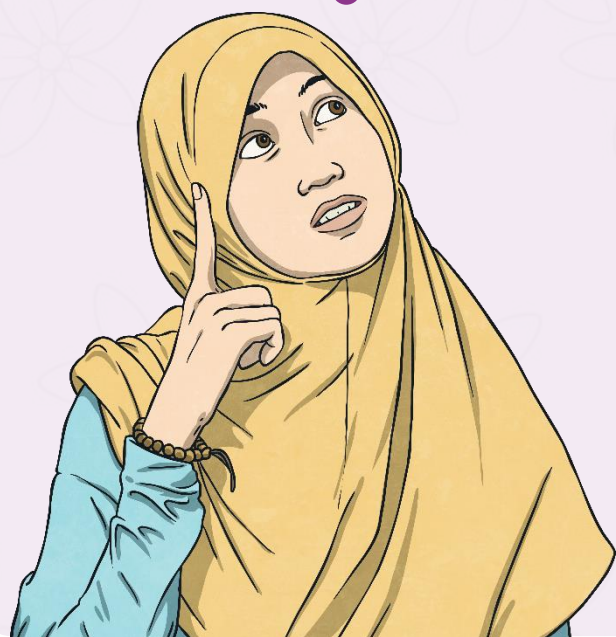
- I can explore uncomfortable feelings and understand how to manage them.

## Success Criteria

- I can identify uncomfortable feelings.
- I can discuss situations which might lead to uncomfortable feelings arising.
- I can describe ways to manage uncomfortable feelings.
- I can think about how I am going to manage my own uncomfortable feelings.



What are some of  
the uncomfortable  
feelings that  
people can feel?



What can we do  
to manage them?





# Feelings



We can experience a huge range of feelings even just in one day!  
Our feelings can be described as either comfortable or uncomfortable.

Comfortable feelings are those which feel OK when we experience them.  
Uncomfortable feelings are those which unsettle us and do not feel OK.

Using the Uncomfortable Feelings Activity Sheet, write down a list of any uncomfortable feelings you have experienced or heard about.

## Uncomfortable Feelings

We can experience a huge range of feelings even just in one day! Our feelings can be described as either comfortable or uncomfortable.

In the table below, list any uncomfortable feelings you have experienced or you have heard of. After further discussions, you will complete the next column.



Uncomfortable Feeling	Situations That Might Result in This Feeling

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PSHE and Citizenship: Unit 2 / Mental Health / Uncomfortable Feelings: Lesson 3

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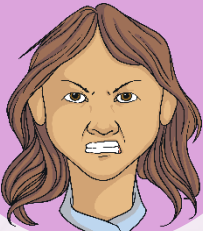


# Feelings



These are some of the uncomfortable feelings we may experience.

anger



sadness



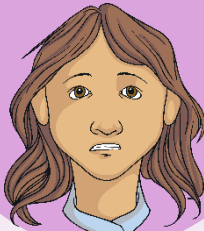
jealousy



worry



anxiety



fear



loneliness



It's OK to feel these feelings but it is important we manage them so they don't hurt us or other people.

# Feeling Uncomfortable



There are often certain situations which result in us feeling these uncomfortable feelings.

Using your Uncomfortable Feelings Activity Sheet, think of the different situations that might lead to us experiencing the feelings you have listed on your sheet.

Identifying the situations that might lead to us experiencing uncomfortable feelings can help us manage them. It can help us prepare for those situations or help us to decide not to become involved in certain things.

## Uncomfortable Feelings

We can experience a huge range of feelings even just in one day! Our feelings can be described as either comfortable or uncomfortable.

In the table below, list any uncomfortable feelings you have experienced or you have heard of. After further discussions, you will complete the next column.



Uncomfortable Feeling	Situations That Might Result in This Feeling



PSHE and Citizenship: Unit 2 / Mental Health / Be Yourself / Uncomfortable Feelings: Lesson 3

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# Managing Feelings

For example, if we are feeling happy, it is a nice feeling for others to be around. If we are feeling grumpy, it is not as comfortable to be around for others.



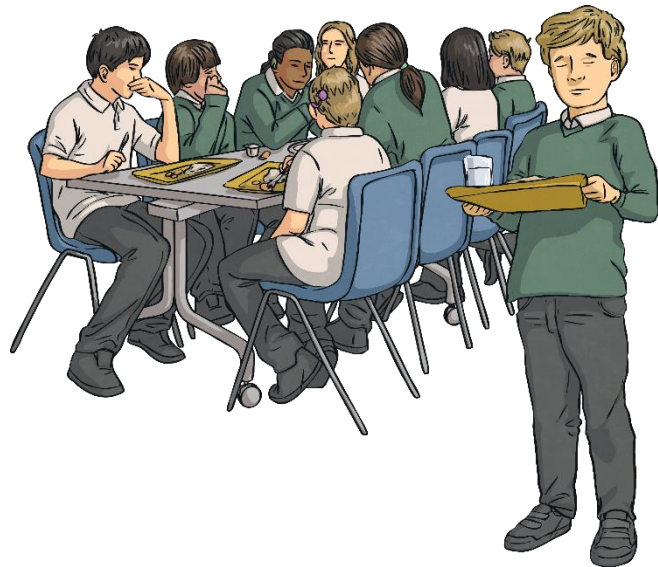
The effects our feelings have on others around us can impact how comfortable or uncomfortable the feeling is for us.





# Managing Feelings

Unfortunately, this can lead to people pretending they are not experiencing any of their uncomfortable feelings, or it can lead to people managing them in a way that makes others feel very uncomfortable.



For example, if someone is feeling angry and becomes aggressive, this can make others feel very uncomfortable.



# Managing Feelings

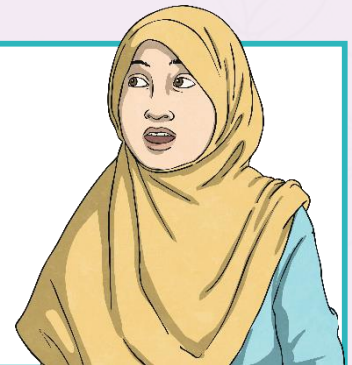
There are two key parts of managing your feelings.



Firstly, you need to be able to identify and understand the feeling you are experiencing. This involves recognising and giving attention to the feeling rather than trying to ignore it.



Secondly, being able to recognise when and how to seek support or a listening ear is important in accepting your feelings and empowering yourself to respond and handle the feelings in a way that works for your wellbeing.



# Managing Feelings

The following are ideas of ways to manage our uncomfortable feelings.

## **Explain honestly and calmly how you are feeling and why.**

When you do this, make sure you state facts and your own opinions rather than drawing your own conclusions.

“I am feeling cross because I really wanted to win that game and I found losing hard.”



This expression of true emotions does not make anyone else feel uncomfortable and allows others to help.

## **Find ways to calm yourself so that you feel ready to talk.**

This can include fidgeting with something, listening to music, breathing calmly, playing with playdough, having a hug, lying down or reading a story. What works for one person may be different to what works for another person, so it is important to find the thing that calms you down.



# Managing Feelings

## **Feeling confident and positive.**

When you are experiencing an uncomfortable feeling, have a positive idea about how things could be better and feel confident enough to voice that idea. This can quickly make the uncomfortable feeling feel comfortable.



## **Be kind to yourself.**

We all have days when we feel sad or grumpy and we don't always know why we are having these feelings. It is important to allow ourselves to have these feelings and to try and explain to others that we are in a certain mood.



## **Think yourself happy.**

Sometimes we can change our thoughts to become positive by thinking positively and smiling. The impact this can have on ourselves can lift our mood. However, it is important to not just block uncomfortable feelings out if there is a reason for them.



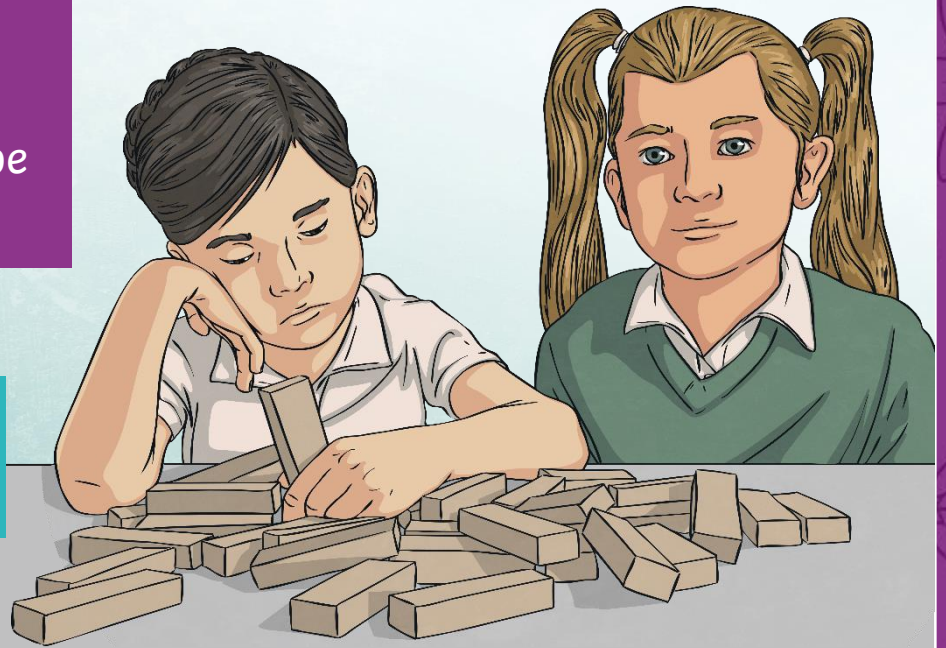


# Seeking Support

Feeling emotions that make us and those around us uncomfortable sometimes is normal and very common.

Experiencing these emotions more often is referred to as mental ill health. Just like our bodies need looking after, our minds need to be looked after too.

What would you do to get help if you were physically ill?

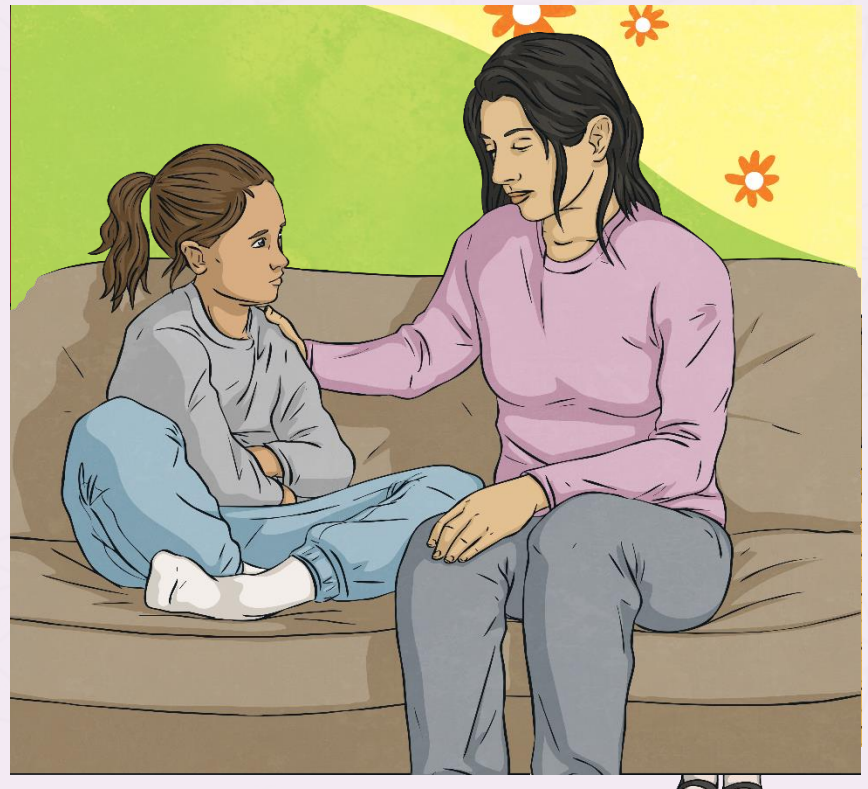


# Seeking Support

Being mentally unwell is no different from being physically unwell. We don't have to soldier on, pretending everything is fine when it isn't.

When our uncomfortable emotions get on top of us, it's time to seek support.

Tell a trusted adult, at home or at school, how you are feeling and get some help. Many people can resolve the issues that are causing them to feel bad, then get on with living a happier life.



Who could you talk to if you needed support with your mental wellbeing?

# Putting It into Action



When our own feelings or our friends' feelings are uncomfortable or tricky, we can sometimes respond in a way which can lead to disagreements or falling out due to our own feelings and behaviour or that of our friends.

It is important to recognise when a friend is experiencing an uncomfortable feeling. You can then show tolerance of their situation but also maintain the importance of being treated with respect in a healthy positive friendship.

# Putting It into Action



If someone behaves in a way which is unsettling, for example if our friend is angry and is then aggressive towards us, it is important to remember that we do not have to match their feelings or behaviour. We do not need to be angry or aggressive in return. We might need some space and to talk through the situation.

It is also important that when our friend has calmed down, we explain to them how their behaviour impacted us and how we would prefer them to behave when they next experience an uncomfortable feeling.



# Putting It into Action



Plan and prepare a role play showing someone experiencing an uncomfortable feeling, then showing how they manage that feeling and how the whole situation impacts on the people around them.



# Bottling Feelings



It is really important we are honest and open about how we are feeling. It can be very tempting to block out any uncomfortable feelings and only acknowledge the comfortable ones.



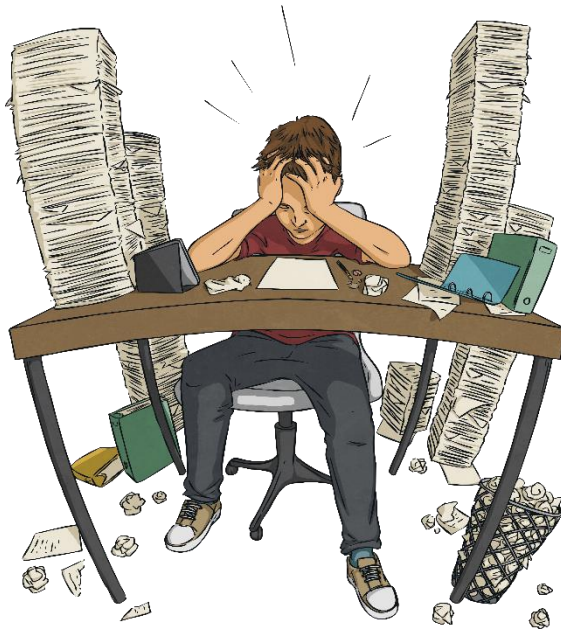
However, if we do this, those uncomfortable feelings, thoughts and experiences do not vanish. They just build up and can become larger and more uncomfortable than the original experience and feeling.



# Bottling Feelings



It is very important that we have strategies for managing these uncomfortable feelings, so we do not feel that our only option is to bottle them up.



Take a moment of quiet to think about how you are going to manage any uncomfortable feelings you have. Remember, talking to someone you trust is a great way to start.



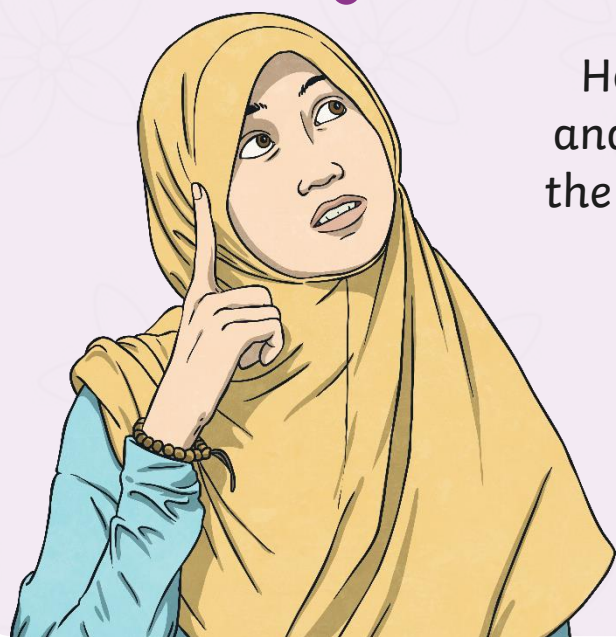




What are some of the uncomfortable feelings that people can feel?

What can we do to manage them?

How have your thoughts and answers changed since the beginning of the lesson?





# Aim

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