

# Webseries



## CHEAT SHEET

Advanced | Healthy Relationships | Lesson 1



## INTERNATIONAL DIRTY SHIRT DAY

### THE EMOTIONS AND REACTIONS EXPLORED IN THIS VIDEO

 <b>ANGER</b>	Breathe	Express Your Feelings
 <b>DISGUST</b>	Listen and Communicate	Show Empathy

### WHAT I NEED TO REMEMBER

1. Accidents happen all the time. People don't mean to upset us when accidents happen, but they can make us feel angry or disgusted. These are both difficult feelings to deal with.
2. Zooming-out by taking a few deep breaths through your nose can help you calm down when you are angry or disgusted.
3. Listening to what the other person has to say about how the accident happened can help you calm down and understand the situation better.
4. Showing empathy to the other person, after they apologize, can also help you calm down.