We feel a lot of different emotions every day—happy, playful, proud, embarrassed, angry, scared, loving. They’re a normal part of life, but some emotions can be hard to deal with. Here are some tips that can help.

**How Are You Feeling?**

By Mackenzie VanEngelenhoven

**Take a Break.**
If something is frustrating or upsetting you, take a break. Do something to take your mind off the problem—go outside, play a game, or read. Then come back to the problem.

**Talk About It.**
Talk with a parent or good friend about what you’re feeling. This can help your emotions feel less overwhelming.

**Take a Breath.**
If you’re angry or stressed, take a deep breath. Count to 10. Think of something that makes you happy. Calm yourself down so you don’t say or do something you’ll regret.

**Think of a Solution.**
If your emotions are making it hard to focus or get along with others, it’s important to think of ways to make things better. A parent or friend can help you come up with ideas.

**Draw a Picture.**
If you’re having a hard time saying how you feel, draw a picture of it instead.

**Listen to Others.**
Make sure you’re listening to people around you. Don’t let your emotions make so much noise they drown everyone else out.

**Pray.**
Talk to Heavenly Father about how you’re feeling—the good things and the bad things. He wants you to tell Him how you feel!

**Be a Detective.**
What are your emotions telling you? Guilt can be telling you to repent or apologize. Fear can be telling you to get out of a dangerous situation. Sadness can be telling you to take time to grieve a loss. Hopefulness can be telling you to not give up.