

Sometimes I get really upset. One minute I feel fine, and the next I feel like everything is not fine! What can I do?
—Moody in Madrid

Dear Moody,

As you grow up and your body changes, it's normal for your feelings to change quickly sometimes. So don't worry too much!

Sometimes strong feelings will go away if you just wait a few minutes. When you feel angry, sad, or frustrated, try taking some deep breaths, praying, singing a comforting song, or taking a break from what's upsetting you. You can also talk to a trusted adult about your feelings. And remember, the Savior always understands how you feel. He loves you, no matter what.

The *Friend*

Try one of these activities the next time you feel mad or upset.

Close your eyes and pretend you're at the beach. As you picture the waves rolling up on the sand, take a big, deep breath. Then let the air out as the waves roll back into the ocean.



Draw a picture of your feelings. What does your anger or sadness look like?

Ask yourself, "Why do I feel this way? What made me upset?" Try writing it down on a piece of paper. If you want, you can rip up the paper into tiny pieces and throw it away.

