



**Wellbeing**  
**Wednesday**



# Flip The Lid



Last session we looked at the Flip The Lid video.

When we have a strong emotional response to a situation, we can't always use our reasoning to overcome the situation or emotion, and our "flight or fight" response can kick in.

This can cause us to behave in a manner we wouldn't have if there'd been time to think the situation through.

Can you think of a time you have flipped the lid at home or school?



# Identifying Emotions

This week, we'd like you to share with your partner or the group, a time you felt that emotion.

What happened?

What was your immediate response?

Did it have a physical reaction for your body? (Did you cry or feel shaky?)

What coping strategy could you use to overcome the situation?

**Coping strategy** - refers to the specific efforts, both behavioural and psychological, that people employ to master, tolerate, reduce, or minimize stressful events.

