COMPOSURE

TEENS & ADULTS

MAY 2020



POWERFUL PROJECT

Name:	

The Powerful Word of the Month is composure. Composure means "keeping calm, steady and in control while under pressure." While all feelings are okay and nearly everyone feels overwhelmed by emotions sometimes, the key is to find strategies that allow you to feel your emotions without letting them overtake your thinking brain, causing you to do or say things that you regreat later. Below, fill in the boxes to showcase how what works to help you keep your composure, what you know of how emotions feel to you, what you understand about your emotional triggers and how you can best learn from previous experiences so you can be a more composed leader, family member & friend.

CUES & CLUES		TOP STRATEGIES
In your body, where do you feel:		When feelings get intense, what strategies calm you?
Anger:		(1)
Overwhelm:		(2)
Fear:		(3)
Frustration:		(4)
GET IN TUNE:		CO-REGULATION & GETTING HELP
In your body, what do these emotions feel like?		When feelings get intense, who helps you calm down?
Anger:		(1)
Overwhelm:	COMPOSURE	(2)
Fear:		(3)
Frustration:		(4)
TRIGGER WARNINGS:		REPAIRS & REFLECTIONS
		When you lose your composure, what repairs do you make?
What are the top hot buttons that make you feel:		mion you look your composure, what repairs to you make.
Anger: Overwhelm:		What does NOT work to calm you down?
Fear:		
Frustration:		What DOES work to calm you down?