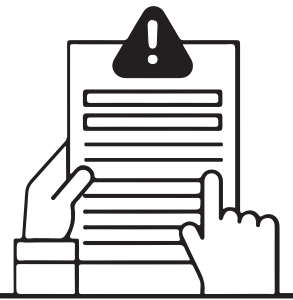


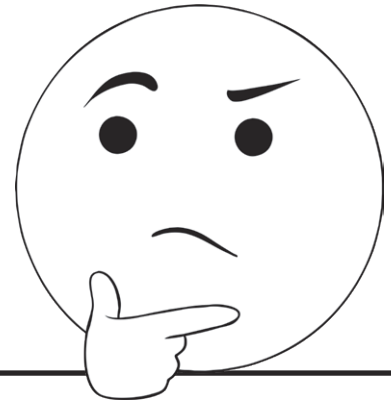
Mental Health Resource Disclaimer



This resource is provided for informational and educational purposes only. It is intended to offer general information and should not be taken as professional advice on mental health. As the information on mental health is complex and a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource, and we do not accept any responsibility if you do. You should undertake proper and relevant training before teaching about mental health. These resources are intended to support you once you have received such training. It is up to you to contact a suitably qualified health professional if you are concerned about mental health and it is up to you to advise your students to contact a suitably qualified health professional if they are concerned about their mental health. By using this resource, you acknowledge that you are responsible for the safety of those participating or involved with using this resource, including staff, students, parents, and children. It is up to you to follow your school or organization's relevant policies and procedures (including those relating to safeguarding) should your use of this resource raise anything covered by those policies, and amend the activities/information in this resource accordingly when used.

What Pushes My Buttons

An **emotional trigger** is anything that “pushes your buttons” or ignites a strong negative feeling or emotional reaction. For example, you’re happy one minute, then suddenly you’re angry. Triggers can be events that happen in the present or memories of events from the past. Here are some examples:



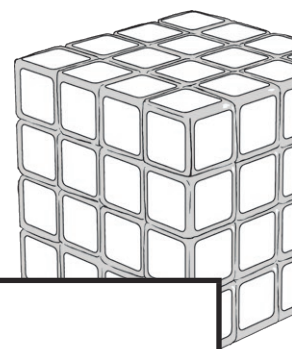
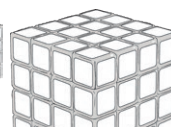
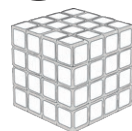
I came across an old photo.	I unfairly lost a privilege.	I was supposed to go to a sleepover, and it got canceled.
I was left out of the game.	A friend criticized my actions.	No one was talking to me at lunch.
I did not study for the test today.	I tripped over a book on the floor.	I have two big events to attend tonight.

A feeling is an **emotional reaction**. Here are some examples:

angry	embarrassed	unenthusiastic	depressed	judgmental
aggressive	uncomfortable	ignored	gloomy	superficial
hostile	humiliated	passed over	miserable	unreasonable
violent	confused	forgotten	sorrowful	random
argumentative	humbled	abandoned	bored	erratic
enraged	overwhelmed	not noticed	disappointed	hesitant
exasperated	overburdened	guilty	awful	doubtful
wound up	overpowered	ashamed	horrible	nervous
infuriated	submerged	accountable	icky	indecisive
teed off	swamped	bad	hopeless	insecure
bitter	sad	lonely	disgusted	withdrawn
harsh	not interested	unpopular	nauseous	unsociable
resentful	detached	isolated	shocked	quiet
spiteful	impersonal	friendless	offended	silent
nasty	unmoved	unhappy	annoyed	distant

Emotional Triggers Log

Choose an emotional trigger from the
What Pushes My Buttons page. Reflect on it.



Date/Trigger	<ul style="list-style-type: none">• Have you been in this situation? How did you feel?• How did you react to the trigger situation?• Would you do the same thing if it happened again? Why or why not?

