

# Download Coping With Your Emotions

To deal with your emotions, first identify what exactly you're feeling, whether it's anxiety, sadness, anger, or happiness. Then, try a coping strategy, like deep breathing or meditation, to take your mind off your feelings. Take the Coping With Your Emotions quiz. Test your knowledge about dealing with emotions when you have diabetes. Since being diagnosed with diabetes, I don't enjoy the things I used to. I'm often sad. I should: Just ignore it, and wait for these feelings to go away. Coping with Emotions Once you've identified the emotion and its message, the last step is to take action. Ask yourself if there's anything you can do to solve the situation, Mininni said. Summary Most people think that emotions cannot be controlled, but Christians have been given authority over our emotions. God gave us emotions as a gift, but we should not allow them to govern us or control our lives. Feelings of depression, rejection, or inferiority always have the potential to overwhelm us, but there is no reason to be emotionally out of control. - Coping With Your Emotions