EMOTIONS

One thing I really like doing in the holidays is going out to the movies. I remember one of the recent movies I went to see was the new Pixar movie “Inside Out”. I walked out of the cinema after seeing it with many things on my mind. It was light-hearted and fun, but also it was one of the best demonstrations I have seen of what happens inside our minds with our emotions.

Emotions can be of great help to us, but they can also do a good job of hindering us too. If we are not aware of what we are feeling at the time and adjust accordingly, our feelings can really take control. One sideways glance can cause an angry outburst. One roll of the eyes can break someone’s trust. Whether you are on the receiving end or you are the one responding, uncontrolled emotions can derail even the best of intentions.

One of the social skills courses I have adapted to use in schools teaches how we can regulate our emotions using effective strategies. These strategies can really help us to be more effective in recognising what we are feeling and then in turn help us deal with our response.

Called “Meta-Moments”, these are best described as the space between an emotional trigger or crisis event and our response. With many children I’ve worked alongside over the years, few are aware that there even is a gap or “Meta-Moment”. It’s just trigger and response and usually the response ends badly. After describing the process of what is going on, helping to recognise feelings and slowing down the response time using “Meta-Moments”, many students learn to gain control of their emotions and start to respond by making good choices.

Meta-Moments are always there, but they are not always used. If we can learn to recognise what we are feeling and manage those feelings within the space between the event and our response, we learn to deal with our emotions effectively, which is not only vital for our wellbeing, but also for our personal and professional growth.

Craig Underwood – THPS School Chaplain
The simplest way
to make Menu Planning work for you

Did you know menu planning saves you both money and time?

- Menu planning can be a great way to involve the whole family about meal choices for the week.
- If you know in advance what you are going to cook you can make double and freeze the rest for another night, or use the leftover vegies during the week.
- Menu planning also saves money by limiting impulse buying and sneaky trips to fast food outlets.
- Aim to spend 40 per cent of your food budget on fruit and veg – to help stretch this further, plan the menu around specials for the week (buying fruit and veg in season is MUCH cheaper!)

It’s Winter now, so look out for the following veg:

Asian greens, beans, broccoli, brussel sprouts, cabbage, capsicum, cauliflower, spinach, fennel, leeks, mushrooms, potatoes, pumpkins, silverbeet.

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