

## Kennedy's Luncheon - Intense Emotions Worksheet

1. Why were people invited to the luncheon for President Kennedy?
2. How many people had Mr. Kerr brought with him to the luncheon?
3. How did they find out what happened to the president?
4. What were some of the different reactions to the news? Emotional, rational, etc.

## Intense Emotions and Our Internal Meters: How High Should It Go?

When you feel stressed out, emotionally overwhelmed, fiercely angry, or some other strong overpowering emotion, how do you react?

As David mentioned, people reacted in a variety of intense ways to the shooting of the president. Schools closed, people became more mistrusting and paranoid, many broke down, and worse. How do you think you would react to hearing about our president being killed? How have you reacted during the most stressful moments of your life? Clearly there are good, bad, and better ways of dealing with such stress.

→ Check each technique that you have tried before.

<ul style="list-style-type: none"><li>• Deep breathing</li><li>• Take a break</li><li>• Ask for help</li><li>• Engaging all five senses</li><li>• Speak up! Speak out!</li><li>• Complete a simple task to help you relax (puzzles, mazes, stringing beads, coloring, reading, etc.)</li></ul>	<ul style="list-style-type: none"><li>• Name the feeling</li><li>• Determine where in your body you feel the emotion</li><li>• Ask yourself: why am I reacting this way?</li><li>• Tell yourself that you shouldn't take it personally</li><li>• Focus on the positive</li><li>• Give yourself grace.</li></ul>
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→ Now go back and circle or highlight the techniques that you would like to try (but never have).

→ Now go back and cross out any techniques that you have tried and didn't work.