

# Keeping Cool When You are Feeling **Hot**



# Seven Deadly Sins & the Remedies

Lust (Chastity)

Pride (Humility)

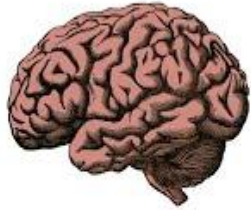
Anger (Forgiveness)

Gluttony (Moderation)

Greed (Generosity)

Envy (Admiration)

Sloth (Zeal)



**THE BRAIN WHEN YOU'RE ANGRY**  
.....

Why do we lose  
**CONTROL**  
of our  
emotions?



BIOLOGY: Fight, flight, freeze, decreased ability to concentrate or remember

Delay your words and actions

Redirect to you rest and digest through breathing & gum



Delay your words and actions.  
Your body needs a moment to  
move to the frontal lobe! They  
call this “rest and digest” and its  
why Daniel Tiger tells to count to  
4!





18 years! One day a girl can become a lady and a boy can become a man.

Mindset:  
complaint or  
opportunity  
for growth  
and virtue...



## When the mind is rationale

Unpack the situation & Get to the Root

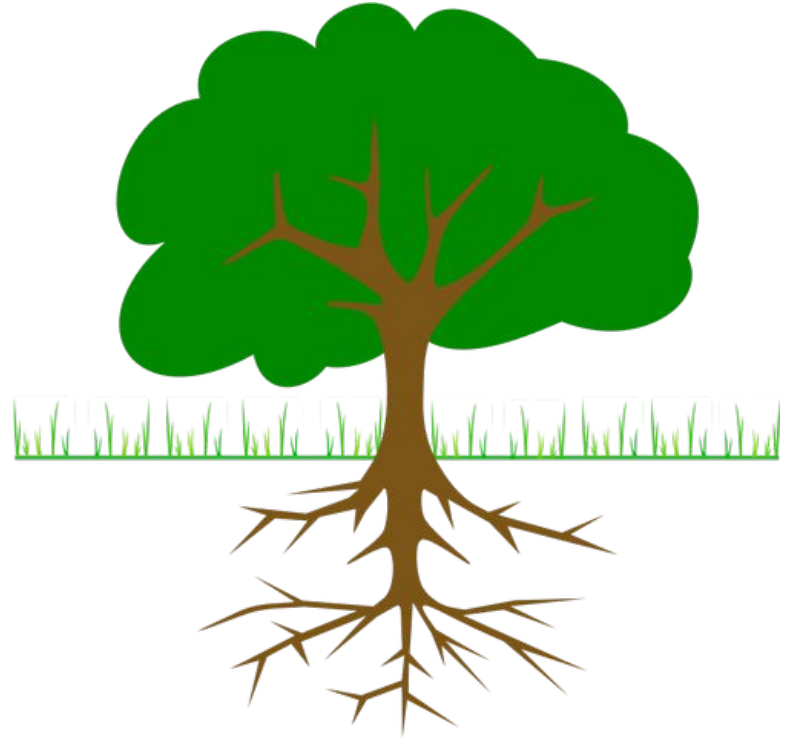
Body Check

- Food
- Water
- Sleep
- Exercise/Leisure

Soul Check

- Prayer
- Scripture
- Sacraments

Come up with solutions



# Daughter of the King

Your identity is in Christ.  
Do not let your faults or the  
faults of others be your self  
worth! You are not the sum of  
your faults but of the Father's  
love for you!

Have a sense of humor,  
humility, patience, and  
gentleness.

Be little and Sing! Lord I need  
you!





# Put on the Mind of Christ

Ephesians 4:26, 29, 31-32

Be angry but do not sin; do not let the sun set on your anger, and do not leave room for the devil...No foul language should come out of your mouths, but only such as is good for needed edification, that it may impart grace to those who hear. All bitterness, fury, anger, shouting, and reviling must be removed from you, along with all malice. And be kind to one another, compassionate, forgiving one another as God has forgiven you in Christ.

James 1:19-20

Everyone should be quick to hear, slow to speak, slow to wrath, for the wrath of a man does not accomplish the righteousness of God.

# Put on the Mind of Christ

Proverbs 15:1

A mild answer turns back wrath, but a harsh word stirs up anger.

James 3:5-6

Consider how small a fire can set a huge forest ablaze.  
The tongue is also fire.

# Resources

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[Boundaries by Henry Cloud](#)

(great on audio book)

[Doctor Doctor Podcast](#)

(has a variety of topics including managing our brains!)