

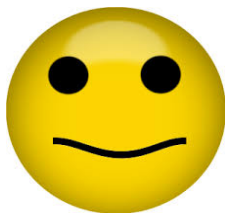
## What Are Emotions?

Emotions are as normal as breathing!



Emotions or feelings are what make us all human. They are as normal as breathing. Experiencing emotion is normal and we will experience many emotions in one day.

Everyone's "normal" is different. You might experience different emotions to your friend, even though you have had similar experiences. The reason for this is that our brains and the things we have experienced in our lives are different. Therefore, everyone's feelings are valid and important.

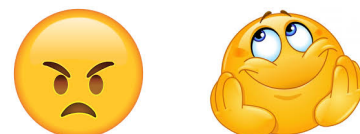


Most of the time we have a neutral emotion. When we are in the neutral zone we might just experience "being". This might be our functioning emotion that enables us to focus on just getting on with things

As we interact with people and events throughout the day, these experiences may trigger different emotions for us. This is normal. I have given you some examples below:

- We might bump into a friend and feel happy
- We might watch something on TV and feel sad
- The teacher might shout at us and we might feel angry
- Someone might talk to our ex and we might feel jealous

We might feel all of these emotions in one day and again this is normal. Emotions shift. We may feel irritated one minute and then receive a call from a friend that lifts our spirits, the next.



Unfortunately, sometimes we are told that feeling emotion and expressing our emotion is wrong. That it's wrong to feel angry for example. You might have heard people say:

"pull yourself together"

"boys don't cry"

"don't let them see how upset you are"

"have you not got over that yet"



When we hide our feelings or try to push them to the back of our minds, our mind and body stores these feelings. Feelings often don't go away but begin to build up and create pressure in our mind and body, a bit like a shaken bottle of fizzy juice, the fizz builds until we are ready to explode!

The pressure in our mind and body can impact on our physical health and our emotional health, we can find it difficult to sleep at night, our eating habits might change or we might be quick to fly off the handle.

### THE FIXING MYTH



Unlike physical illness or harm, **feelings can't be fixed**. They do not disappear and they can't be pushed away. We cannot stop them and they can't be turned off.

**But our emotions do change.**

Emotions are with us during the best of times and during the worst of times.

When we feel stuck with difficult feelings, we can, with support, move through these feelings, we can experience different emotions and we can learn to cope with difficult feelings allowing us to continue living our lives.

