

# Understanding our emotions

## A perspective from psychology

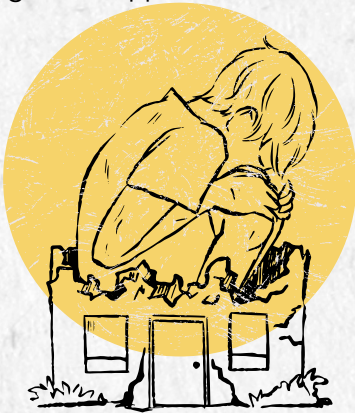


### Types of emotions

The 7 main emotions: happiness, surprise, contempt, sadness, fear, disgust, and anger.

### Functions of emotions

Emotions prepare us for behavior. When activated, emotions compose systems such as perception, attention, interpretation, learning, memory, goal choice, physiological responses, and decision making. Emotions can govern our actions. They provoke our fight, flight or freeze response. Emotions can tell others that we're dealing with something and may need support.



### Emotional management

Be mindful of your emotions so you can manage them effectively. This will help you regulate your behavior during stressful times and also help you in successfully navigating relationships with those you work with (children and adults).

### Mental health

Mental health includes our emotional, psychological, and social well-being. It impacts how we think, feel, and act. It can determine how we handle stress, relate to others, and make choices.



### Coping

Mindful approaches are helpful in reducing unpleasant emotions. Coping strategies can be cognitions or behaviors and can be individual or social. Coping is to deal with and work through stressors in life. It is a way for us to preserve our overall well-being.

### Professional support

Seek professional support if you experience noticeable changes in personality, eating or sleeping patterns, an increased difficulty working through problems or daily activities. If you feel disconnected or withdrawn from daily life or people you are typically connected to. Or, if you begin to experience unfamiliar or uncontrollable negative thinking.

