

## Emotions

Emotion is a subjective state of mind. Emotions can be reactions to internal stimuli (such as thoughts or memories) or events that occur in our environment.

Emotions are not the same thing as moods. A mood is a state of mind that predisposes us to react a certain way. For example, someone in a low mood is more likely to feel irritated when they trip on a rock. Someone in a good mood is more likely to feel amused by the incident. In general, emotions are reactions to an event, while moods are present before and throughout the event.

Emotions by themselves are neither good nor bad. They are simply reactions. However, the way we act (or don't act) on our emotions can strongly affect our wellbeing.

The **Wheel of Emotions** identifies 8 basic emotions including joy, trust, fear, surprise, disgust, anger, and anticipation. Combinations of these basic emotions result in advanced emotions, such as optimism, love, submission, awe, disappointment, remorse, contempt, and aggression. The Wheel of Emotions diagram beautifully depicts the relationships between each emotion in the form of a spectrum. It is a great tool to use for those who have a hard time picking out the right word to describe how they feel.

The **Emotion Thermometers** handout is a tool for helping children put a name to their feelings and rating their intensity. The colourfully illustrated faces help them recognise each emotion, and the simple rating scales allow them to indicate how intensely they feel each one.

### **Resources:**

*Emotion Wheel*

*The Wheel of Emotions*

*Emotion Reference Sheet*

*Emotion Thermometer*

*Emotion Regulation Skills*

*Basic Emotion Assessment*

*List of Emotions*

*Emotions Writing Practice*

### **Emotion**

<https://www.goodtherapy.org/blog/psychpedia/emotion>

### **Big Feels and How to Talk About Them**

<https://www.healthline.com/health/list-of-emotions#sadness>