

INTRODUCTION TO EMOTIONS



Emotions are often defined as a complex state of feeling resulting in physical and psychological changes that influence thought and behaviour.

Emotions are created by our brain and are essential because it is the way our brain gives meaning to bodily sensations based on experience.

Different core networks all contribute to feelings such as happiness, surprise, sadness, and anger at different levels.

Your emotions can be positive or negative.

Some **positive emotions** are love, appreciation, happiness, hope, enthusiasm, confidence, gratitude, patient, trust, vulnerability, optimism, and appreciation.

Some **negative emotions** are fear, anger, guilt, depression, jealousy, anxiety, resentment, envy, frustration, shame, offended, regret, resentful, sad, and worry.