

THE MEANING OF EMOTIONS

Emotions are our bodies way of communicating to us. Every time we feel an emotion it is like a little messengers from your body to your mind.

Instead of pushing them away, avoiding them, fixing, hiding, or removing them, try to make space to listen. Ask yourself...

WHAT IS THIS EMOTION TELLING ME?

WHAT DO I NEED RIGHT NOW?

Listening to our emotions, is listening to the signals our body is sending us, and through this process we are able to lean more about ourselves and what we truly need!



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SADNESS



Sadness is usually about loss or unmet needs. It can be associated with feelings of disappointment, grief, or hopelessness. If you're feeling sad it is a sign that you need to slow down and acknowledge something important that's missing. It invites you to seek comfort and warmth, whether from yourself or from others.

ANGER



Anger often comes up when our boundaries are crossed, or when something feels unfair. Similar to fear, anger can trigger a fight – flight response in the body. It is a call to action, urging you to protect yourself or take a stand. It's not bad – anger can be a very constructive emotion that is simply telling you something needs to change or you need to take action.

FEAR



Fear is a very powerful emotion that plays a big role in our survival. It is your mind and body's way of signaling danger or uncertainty. Fear can feel quite intense in our body, but it is actually your bodies way of trying to protect you, by making you more alert to possible threats. Fear encourages you to be cautious, but it also challenges you to assess whether the threat is real or if the response is to an anticipated threat or thought.



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ANXIETY



Anxiety is like fear, but it is often tied to an uncertainty or threat about the future. It is usually a “what if?” feeling that can sometimes spiral. Anxiety is telling you that there is a fear of something unknown or a lack of control over the future. Anxiety can help you prepare, but when it becomes overwhelming, it is a sign to ground yourself and come back to the present moment, reminding yourself that in this moment, you are safe.

JOY



Joy is all about alignment. When you feel joy, it is your body telling you that you’re connected to something that deeply resonates with you. It can show up as a form of gratitude, happiness, satisfaction, or contentment. It is a signal that you’re on the right track, and it encourages you to seek more of what lights you up



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GUILT



Guilt usually shows up when we have done something that goes against our own values or when we hurt someone we care about. It is a reminder for you to reflect on your actions, take responsibility, and make amends if needed. Guilt can guide us to how we can better show up in the world and move forward with greater perspective and alignment.

SHAME



Shame often arises when we feel like we're not good enough, or when we believe there's something wrong with us. It's different from guilt in that, shame tells us that we, as a person, are flawed or bad. Instead of letting it consume us, it's important to recognise that shame is a signal to practice self-compassion and is an opportunity presented to us to challenge our negative thoughts or beliefs.

