



THE

Importance Of Emotions

Workbook

Emotions & What They Mean

All right, it's time to talk about the elephant in the room. We all have emotions and to be honest we need each and every one of them. Sometimes they can feel like they have taken over every aspect of our lives. At times they can be overwhelming and physically draining.

Emotions help tell our bodies how to react to what is happening around us as well as to what is going on inside. We all process and express our emotions differently which can often lead to even more fluctuations in our emotions. Often this can make it feel like we are on a never ending emotional rollercoaster ride. Get ready to find out what these emotions can mean and how to better process them.

*Pamela
Tremblay*

IF FEELINGS COULD TALK

SADNESS might be telling me I need to CRY

LONELINESS might be telling me i need CONNECTION

SHAME might be telling me I need SELF-COMPASSION

RESENTMENT might be telling me I need

TO FORGIVE

EMPTINESS might be telling me I need

TO DO
SOMETHING
CREATIVE

ANGER

might be telling me I need

TO CHECK-IN WITH MY
BOUNDARIES

ANXIETY

might be telling me I need

TO
BREATHE

ANXIETY

a normal reaction
to stress or difficult
times

Triggered by a specific
stressor

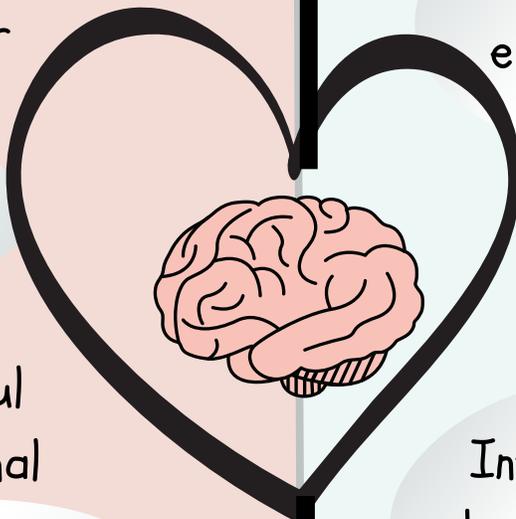
Has a start
and ending
point

Can be helpful
or motivational

Lessen significantly or
disappears away from
stressful situations

Relaxing often helps you
feel better

A response to toxic
situations



ANXIETY DISORDERS

Often comes out of
nowhere

Intense or
disproportionate
emotional response

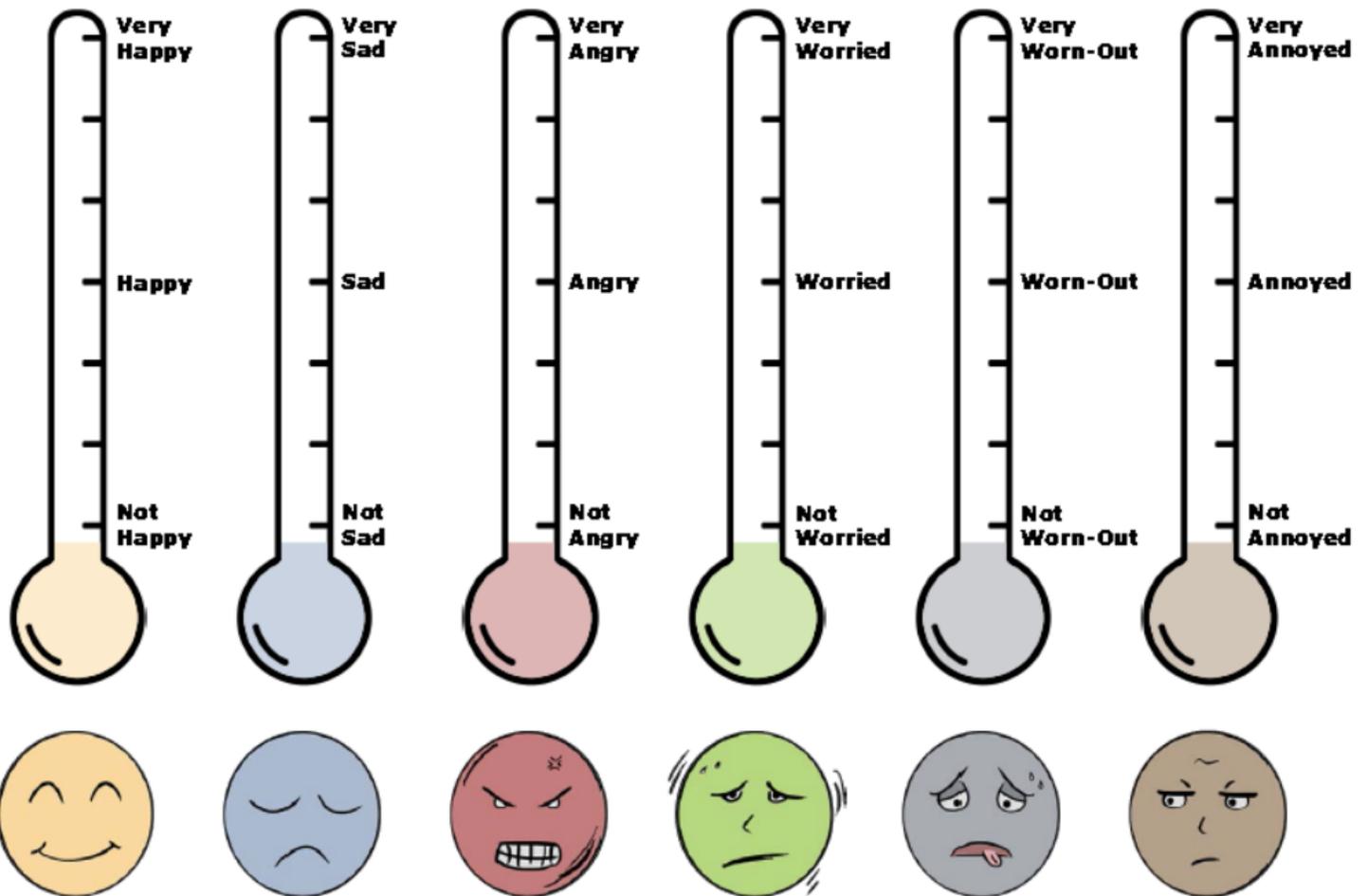
Ongoing and lasts
weeks or months

Interferes with
day - to - day life

Physical symptoms like
sweating, trembling,
lightheadedness, racing
heart

Feels impossible control
or manage

EMOTIONS THERMOMETER



EMOTION REFERENCE SHEET

The Emotions Reference Sheet handout is designed to help clients recognize and talk about their feelings. This handout is a simple but helpful resource that presents a list of emotions, along with common signs and behaviors that can help to identify them.

ANGER

Related Emotions _____ Signs & Behaviors _____

Annoyed	Aggression	Raising Voice / Yelling
Enraged	Arguing	Staring
Frustrated	Blaming	Stern / Harsh Tone
Irate	Clenching Fists	Trembling
Irritated	Feeling Hot	Using Insult
Mad	Increased Heart Rate	

ANXIETY

Related Emotions _____ Signs & Behaviors _____

Dread

Avoidance

Pacing

Fear

Catastrophizing

Racing Heart

Jittery

Crying

Racing Thoughts

Nervous

Difficulty Concentrating

Rumination

Scared

Digestive Issues

Shortness of Breathe

Stressed

Headache

Sweating

Timid

Irritability

Tapping Foot

Uneasy

Muscle Tension

Trembling

Worried

Nail Biting

HAPPINESS

Related Emotions _____ Signs & Behaviors _____

Cheerful

Joyful

Creative Thinking

More Active

Content

Pleased

Helpful

Smiling

Excited

Laughing

Glad

Playful

IT'S
OKAY TO....



- ASK FOR HELP
- FEEL SAD, ANGRY, HAPPY...
- BE TIRED
- SAY NO
- NOT FEEL LIKE TALKING
- HAVE "OFF DAYS"
- WANT TO BE ALONE



Want to know more?

I hope this weeks focus has helped you not only see just how important emotions are for your health. But also helped you get a better quality or quantity of health.

Remember at the end of the day it is all about being consistent in everything you do and having a number of ways to support your body and mind.

For more help and information please feel free to reach out. We all need help now and then.

*Pamela
Tremblay*