



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

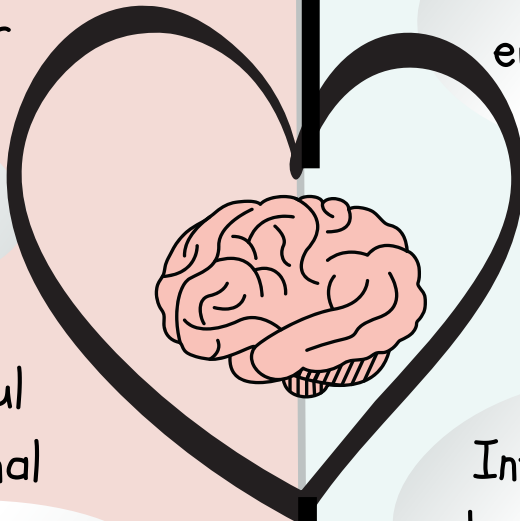
Has a start  
and ending  
point

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

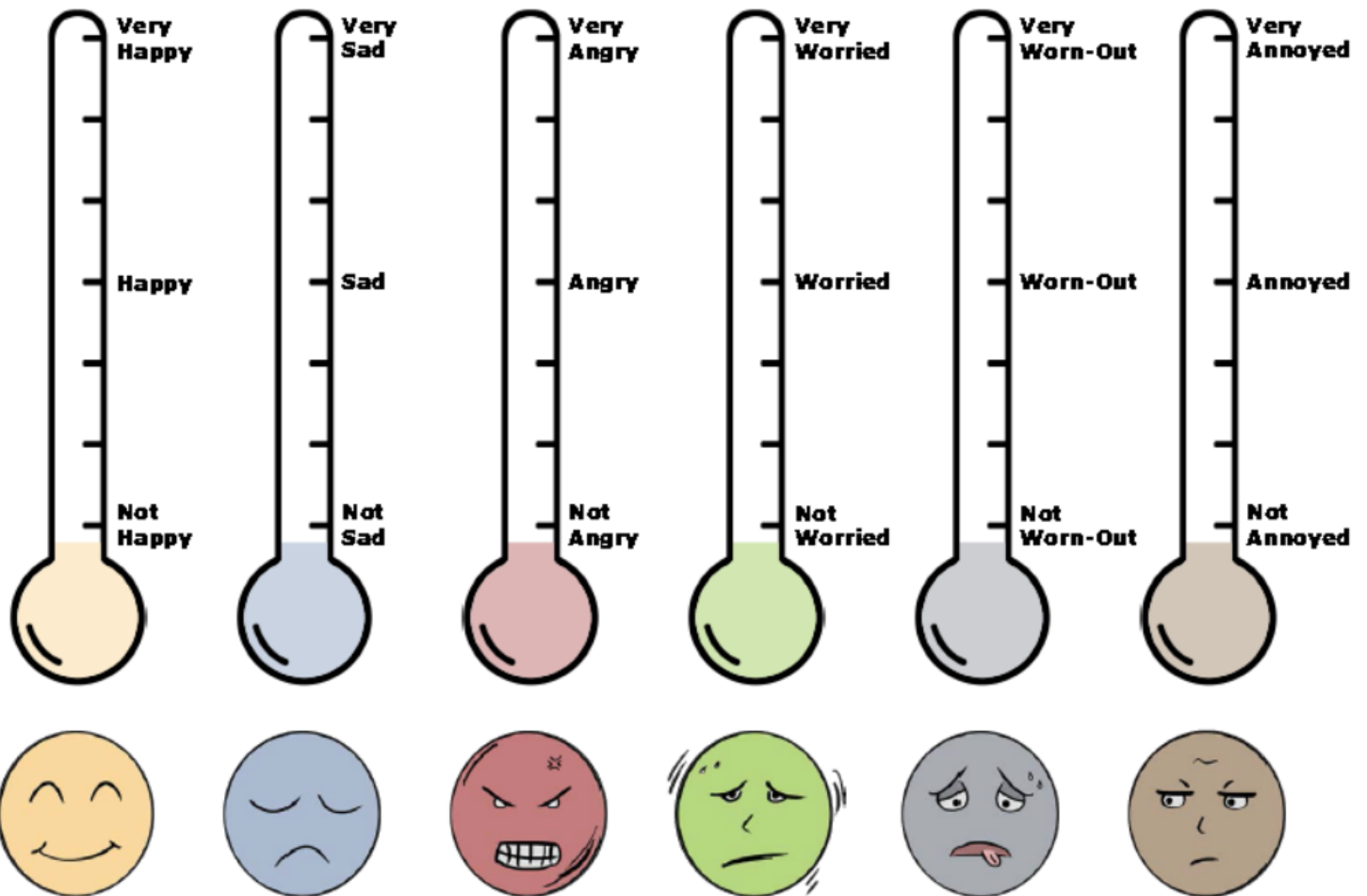
Ongoing and lasts  
weeks or months

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*