

Mental Health Support Team Portsmouth

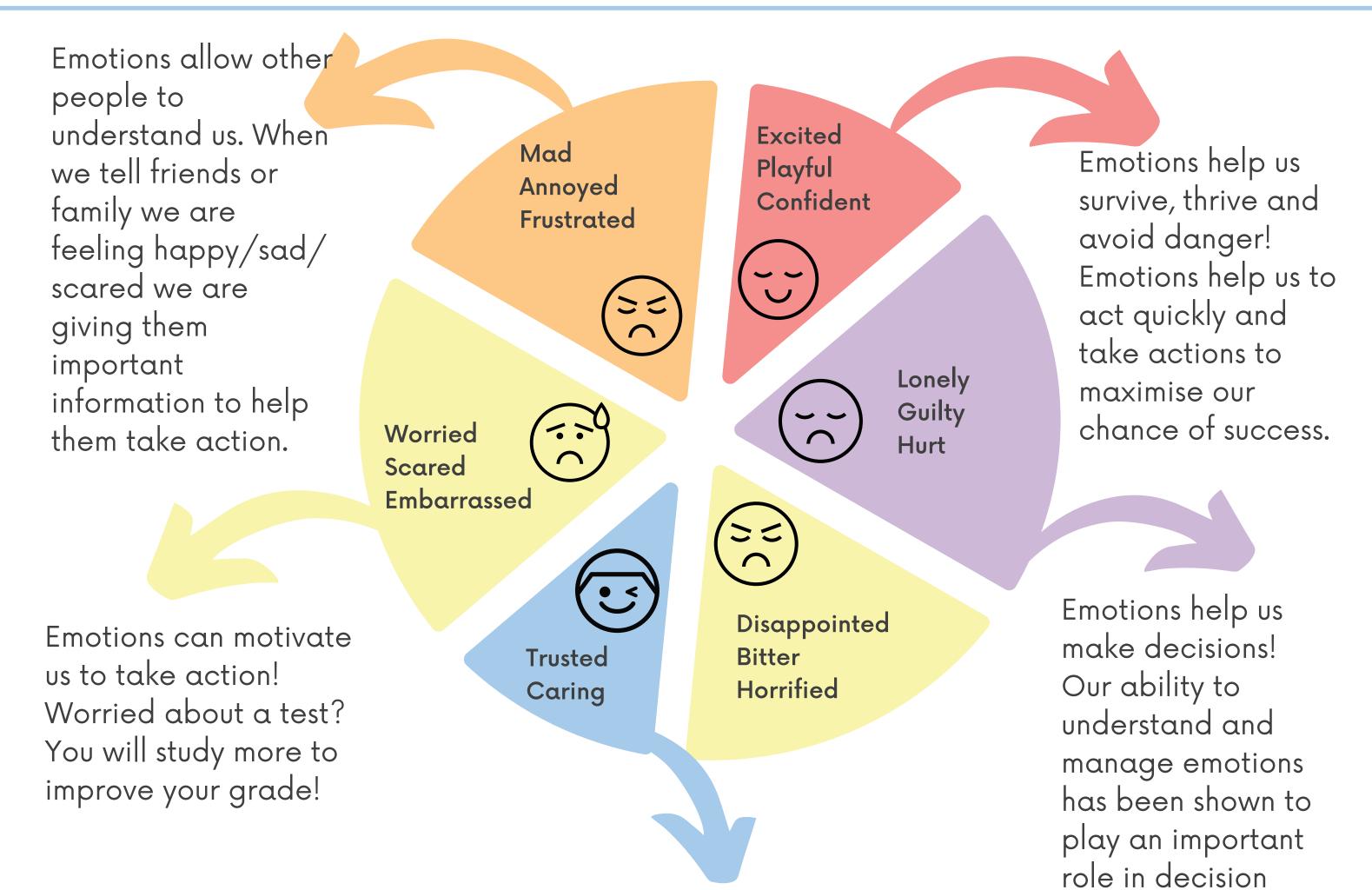
Portsmouth Mental Health Support Team



WHAT ARE EMOTIONS?

WHAT ARE THEY?

Emotions can play an important role in how we think and behave. The emotions we feel each day can impact how we behave and influence the decisions we make about our lives, both large and small. Our emotions can be short lived - such as a flash of annoyance at a friend, or long lasting - like sadness at the loss of a relationship.



Emotions allow us to understand other people. Being able to interpret the actions of others is essential. It allows us to respond appropriately and communicate effectively in different situations. making.