

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 other people to understand us. When we tell friends or family we are feeling happy/sad/scared we are giving them important information to help them take action.

Emotions can motivate us to take action!
Worried about a test?
You will study more to improve your grade!

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.

Emotions help us survive, thrive and avoid danger!
Emotions help us to act quickly and take actions to maximise our chance of success.

Emotions help us make decisions!
Our ability to understand and manage emotions has been shown to play an important role in decision making.

