



May is Mental Health Month

# Recognize your emotions

Emotions influence how we react to events or situations. They can be short-lived, such as a flash of annoyance at a friend, or long-lasting, such as enduring sadness over the loss of a loved one. Being aware of our emotions helps us to talk about feelings more clearly, resolve conflicts better and move past feelings more easily.

## Different types of emotions

Six basic emotions that are universal throughout human culture are:



### Happiness

A feeling of wellbeing often represented by smiling or speaking in an upbeat tone.



### Fear

A scared feeling that can cause increased heart rate, racing thoughts or the fight-or-flight response.



### Anger

A feeling of being mad, expressed through frowning, yelling or violent behavior.



### Sadness

An unhappy feeling shown through crying and withdrawing from others. Types of sadness include grief, hopelessness and disappointment.



### Disgust

A feeling triggered by a physical experience, such as seeing or smelling something unpleasant. Moral disgust may occur when someone sees another person doing something immoral or distasteful.



### Surprise

A short-lived good or bad feeling depending on the situation.

Understanding our emotions and what causes us to feel the way we do improves our self-awareness and makes it easier to cope with challenging and positive situations in life.

Visit your member website to learn more.

