



May is Mental Health Month

# Understand your emotions

It is not always easy to recognize your emotions. You know you are feeling something but cannot describe it exactly. Understanding your emotions helps you build awareness of feelings in yourself and others. This emotional awareness improves your ability to manage your reactions and how you interact with everyone you meet.

## Ways to identify and understand your emotions

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### What are you feeling?

Six basic emotions that are universal throughout human culture are: happiness, fear, anger, sadness, disgust and surprise. Practicing meditation can help you clear your mind and bring attention to specific emotions.

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### Where do you feel it?

When you have an emotion, do a body scan and think about how your body reacts. Ask yourself what this is telling you. Are you happy, sad or angry?

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### Why am I feeling an emotion?

You may be reacting to something in the present or a past experience. Or it might not be the emotion causing you to suffer, but your judgment of it.

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### How can you get help to understand your feelings?

Writing them out or having an open conversation with friends, loved ones or a mental health professional can help you to process your emotions better by looking at them from different angles.

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Visit your member website to learn more.