

What is an Emotion/Feeling?

An **emotion** is a mental and physiological state associated with a wide variety of feelings, thoughts, and behaviour. Emotions are subjective experiences, or experienced from an individual point of view. Emotion is often associated with mood, temperament, personality, and disposition and is characterized by a change in the body as a response to a stimulus. Emotions rise and fall and change frequently depending on situations and circumstances.

What are the *common* problematic emotions experienced by children?

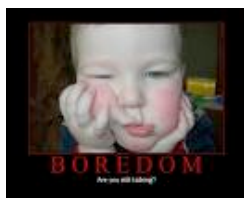
Sadness → is characterized by feelings of disadvantage, loss, and helplessness. Sad people often become quiet, less energetic and withdrawn. Sadness is different to depression as it is only a temporary lowering of mood.



Depression → is characterized by a persistent and intense lowered mood accompanied by low self-esteem, loss of interest or pleasure in normally enjoyable activities as well as disruption to one's ability to function in day-to-day matters.



Disappointment → is characterized by a feeling of dissatisfaction that is normally due to a failure to meet expectations.



Boredom → is an emotional state experienced during periods lacking activity or when individuals are disinterested in the activities surrounding them

Anxiety → is a generalized mood state that creates an unpleasant feeling that is typically associated with uneasiness, fear, or worry. It is a normal reaction to stress. When anxiety becomes excessive, it may fall under the classification of an anxiety disorder.



Frustration → is characterized by an emotional response to circumstances where one is obstructed from arriving at a personal goal. Frustration is a similar emotion to anger and disappointment.

Many people are fearful about emotions and want to control/over control them.