



ALL THE
feels

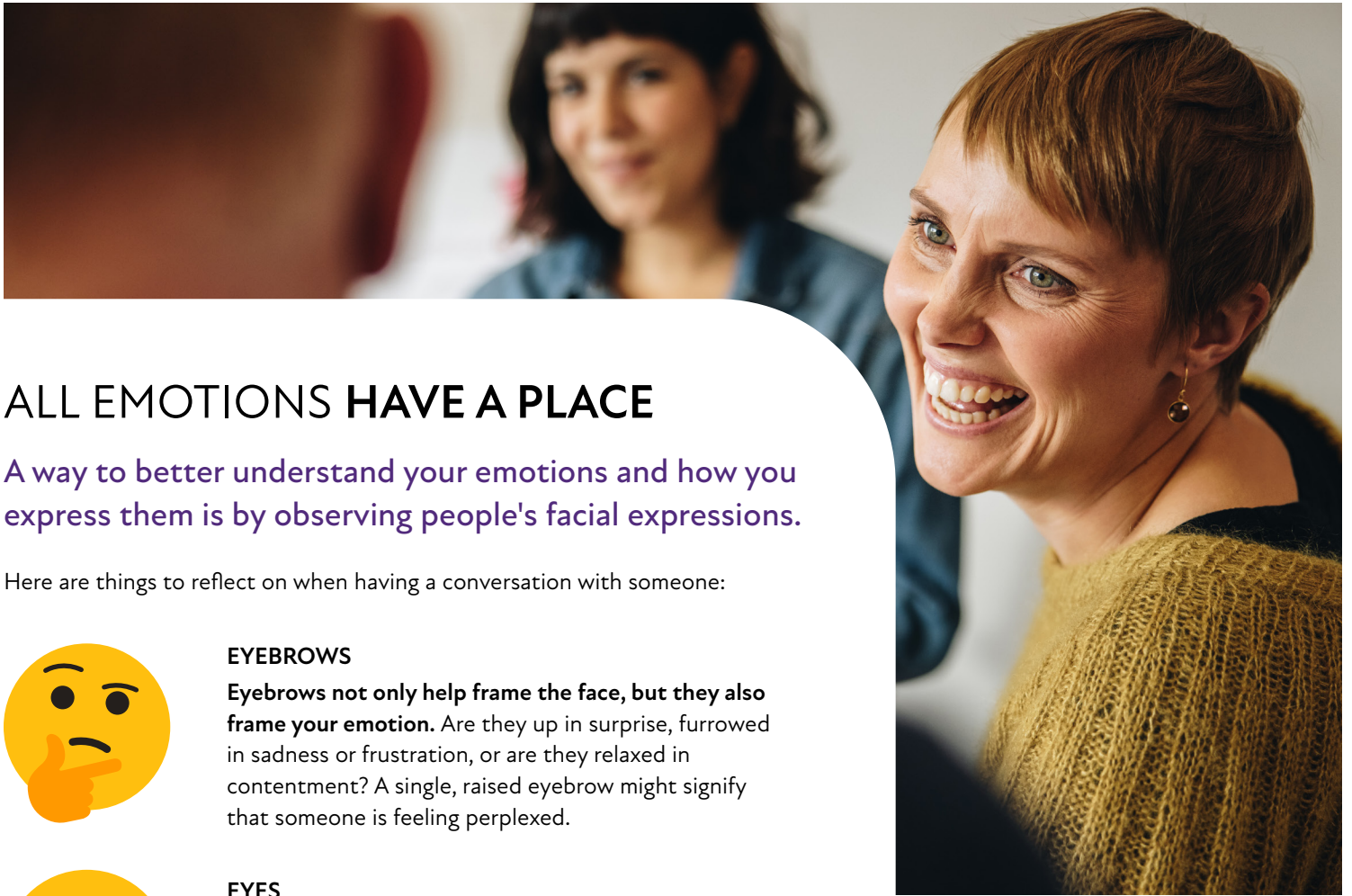
How many emotions do we have?

The research varies, but some experts suggest we have seven basic emotions while others say there may be as many as 34 distinct emotional states. Quite often, it feels like our feelings can be summed up as happy, angry or sad. At other times, it's harder to imagine there's a limit to the emotional subtleties and moods that define different circumstances and parts of our lives.

Some emotions and moods, like happy, inspired or awesome, make those around us feel comfortable and are viewed as positive. While other feelings, such as

cranky, irritated or sad, can make people feel uncomfortable and so we avoid talking about them. Then there are the fallbacks, the polite responses such as okay, fine or good—they don't reveal much so when we hear them, it's easy to acknowledge them and move on.

We all have a variety of emotions and it's not uncommon to experience a range of feelings during the day. What's important is that we acknowledge each feeling so we can better understand ourselves and others.



ALL EMOTIONS HAVE A PLACE

A way to better understand your emotions and how you express them is by observing people's facial expressions.

Here are things to reflect on when having a conversation with someone:



EYEBROWS
Eyebrows not only help frame the face, but they also frame your emotion. Are they up in surprise, furrowed in sadness or frustration, or are they relaxed in contentment? A single, raised eyebrow might signify that someone is feeling perplexed.



EYES
The eyes tell no lies. Are the person's eyes 'smiling'? How quickly or slowly are they blinking? Are they tearing up? Does the emotional story of the eyes align with the rest of the facial expression?



MOUTH
A lot can be said about the mouth. A big smile shows happiness or joy and pursed lips could show anger or frustration. And one side raised could show skepticism.

While you're observing other people's facial expressions, consider the emotional message you're sending and if that's the message you want to convey.



When awareness is brought to an emotion, power is brought to your life.

– TARA MEYER ROBSON



Self-Care Tip

Sometimes we have 'off days,' and that's okay.

Watch Canadian Mental Health Association's video **Not Myself Today** to know you're not alone.

SOURCES
Not Myself Today
MedicineNet. (2020). **What are the 27 Basic Emotions?**
American Psychological Association. (2011). **Reading facial expressions of emotion.**