

# Emotions

July 2023 Newsletter

7/1/2021

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## Emotions

How we feel in any given situation has a massive effect on how we perceive ourselves and others. Often our subsequent actions are dictated by those feelings. But the process of how we arrived at those conclusions often remain uninspected. The route that has linked an external situation to our emotional response is our automatic thought processes. We arrive at a

Feelings are close relations to our emotions and we experience our emotions through our feelings. For example; you might experience joy at seeing a beautiful sunrise and feel at peace, whereas your friend may burst into song and feel like dancing. Equally, some people seek the thrill of fear through horror movies whereas others avoid fearful situations



“felt sense” about the situation and believe it to be true.

Although the words “emotions and feelings” are often used interchangeably, they are not the same. Emotions originate in the amygdala limbic system of the brain, the part that governs our reactions to stimuli. They range from joy to sadness and are our core primal responses.

at all cost.

Learning to listen to and accept our feelings and understand our emotional self, helps us to find emotional balance.

Emotional awareness plays a large part in our ability to connect and respond to others. When we feel positive and happy, we imbue those around us with a feeling of well-being.

**Wishing you July Joy!**

## Marie Wellness Clinic



As you can see the theme this month is all about emotions.

How we habitually feel about our life and ourselves are our stored responses to our emotional past and the links we have created. Our predisposition to express or repress our feelings and how we function emotionally are often echoed patterns that we may have acquired from our families. Unresolved past emotional trauma can lead to a variety of issues including anxiety, stress, anger management and depression.

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