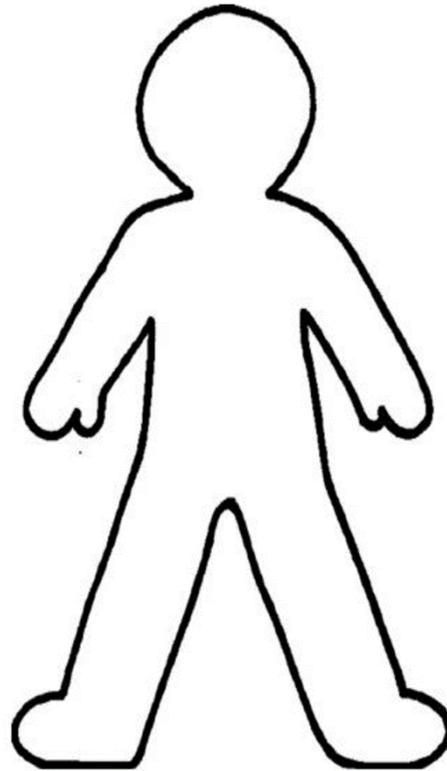


Emotional Wellness

Have you ever...

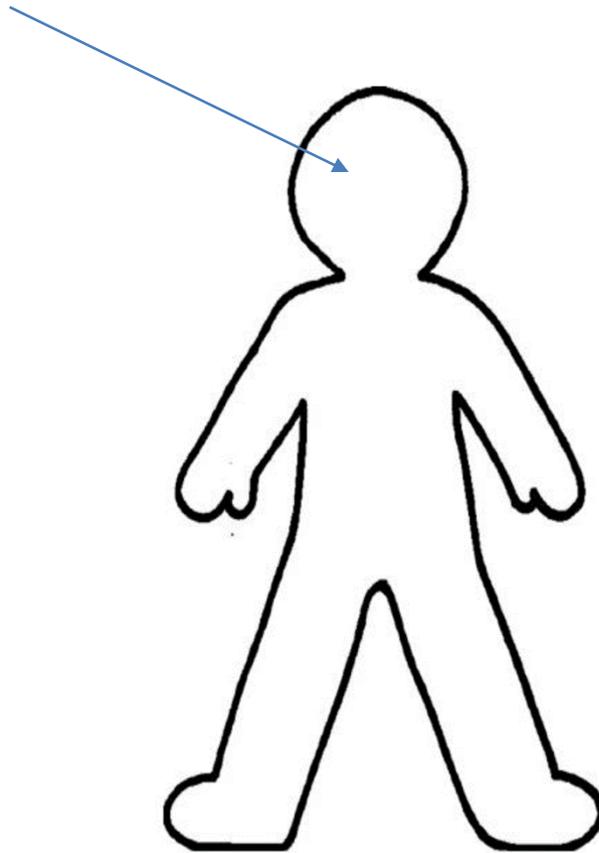
- Felt sick or wobbly before a big game, a presentation or competition?
- Heard of 'stage fright'?
- Given someone a hug to help them or to show them love?
- Used jokes and humour to cheer someone up?
- Felt all relaxed after a bath or a massage?

Where do we feel emotions in our bodies?



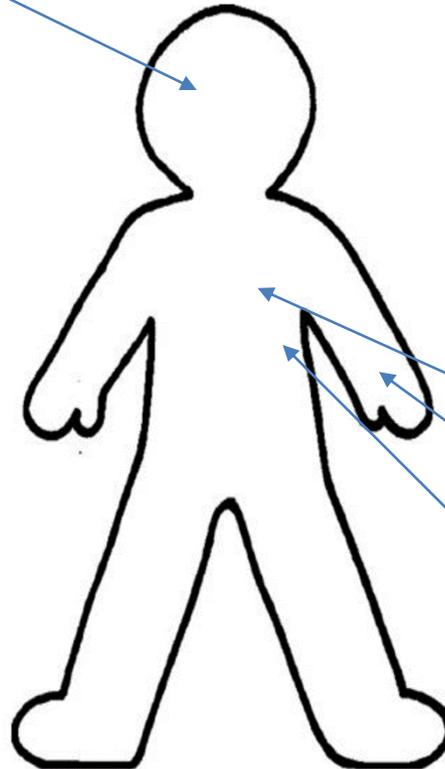
Where do we feel emotions in our bodies?

- Smiling
- Tears
- Frowning
- Clenching teeth
- Headache
- Red neck or face
- Blinking eyes
- Numb



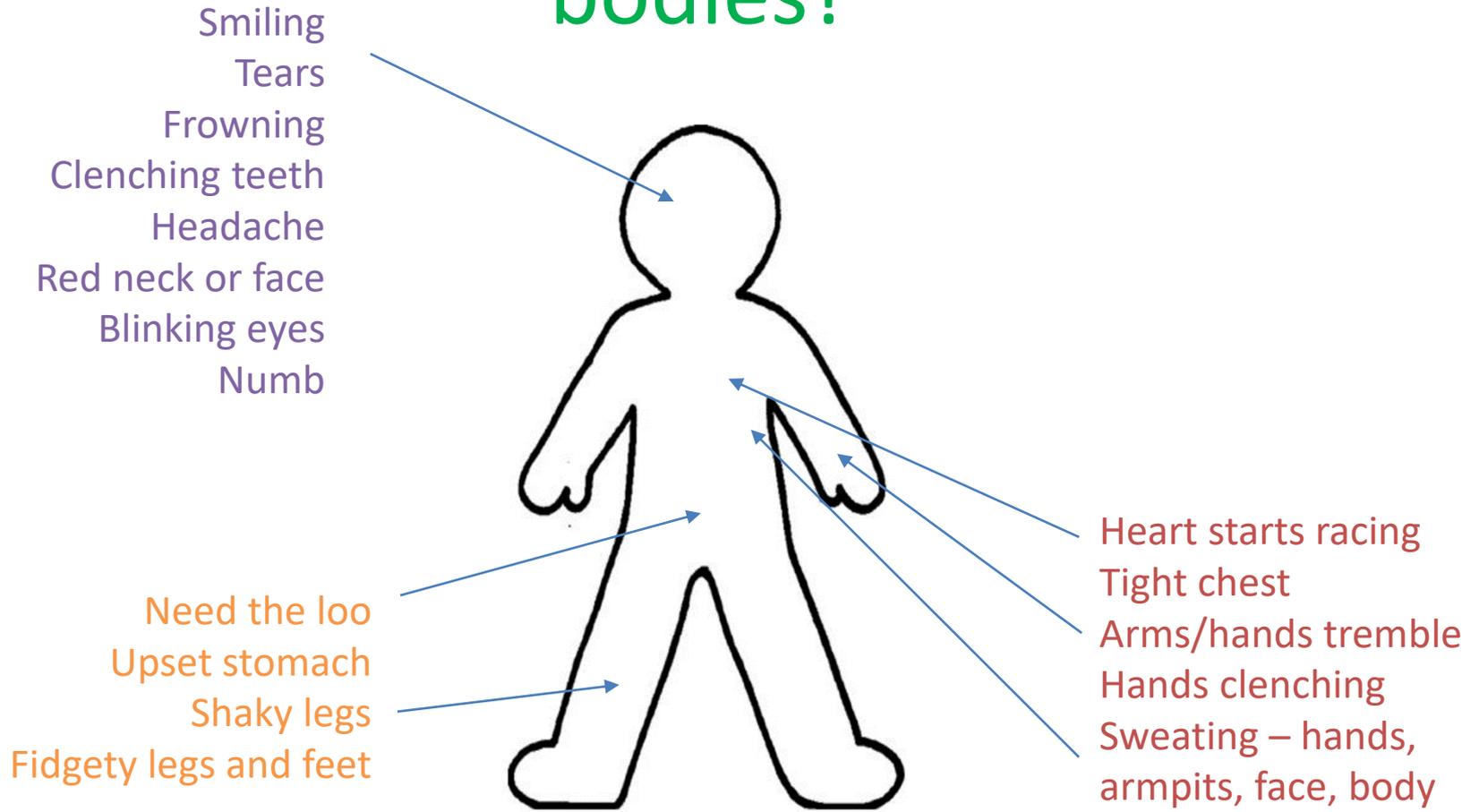
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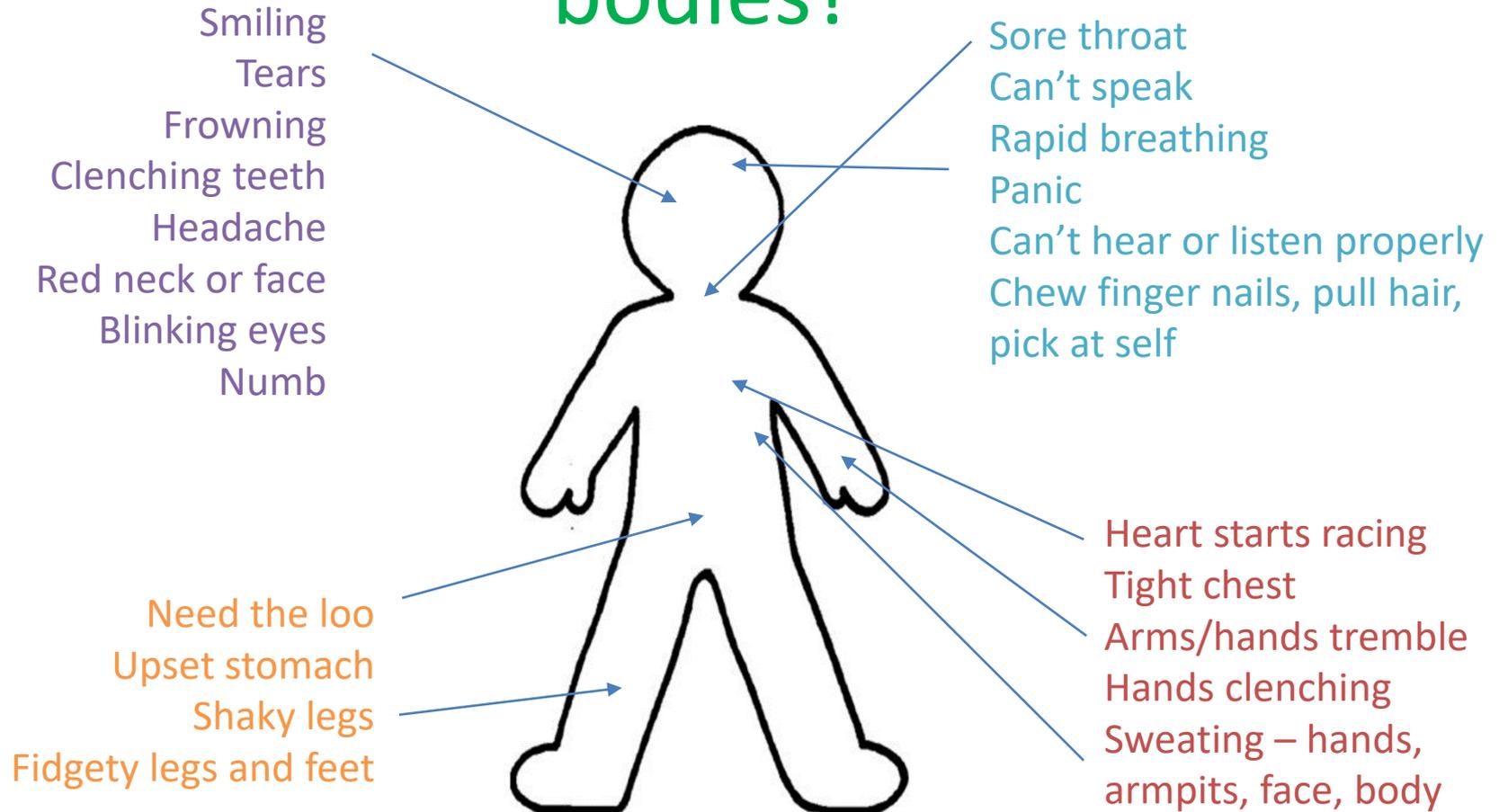


Heart starts racing
Tight chest
Arms/hands tremble
Hands clenching
Sweating – hands, armpits, face, body

Where do we feel emotions in our bodies?



Where do we feel emotions in our bodies?



Why do we feel emotions in our bodies?

- To keep us safe from harm
- Our body is getting ready for something that might cause us difficulty or harm
- To help us connect with other people – laughing at jokes, cuddling someone who's hurt, understanding how other people feel
- To help us to express ourselves

How it works - hormones

- **Adrenaline** - gets our bodies ready for action – to take part in a race or competition, to speak in front of the school, to take a test, etc
- **Endorphines** – happy, hug hormones that make us feel good
- **Dopamine** – motivation, pleasure and reward - the hormone linked with addictive behaviour
- **Melatonin** – sleep hormone

Adrenaline in our bodies

- It increases blood flow to our muscles – so we can run or react really fast if we need to. It can also make us feel really shaky.
- We forget stuff because we just need to focus on the stressy thing
- Because the blood flows to the muscles, it comes away from our stomach so we can sometimes feel a bit sick.
- If we need to run or react, we don't want to do this with a full bladder or bowel. Our bodies want to get rid of this and we often need to go to the loo when we're anxious.

Adrenaline in our bodies - brain

When we get stressed or upset –

- Our frontal lobe – responsible for reason and emotional control - doesn't work as well as usual.
- The temporal lobe – emotional response - takes more control.

Endorphines in our bodies

Endorphines are released when we do stuff we think is fun. This is different for everyone

What sorts of things do you like to do that make you feel happy, relaxed, loved?

How our bodies release endorphines

- Exercise/physical activity
- Laughing
- Being with friends and family
- Being outdoors in nature
- Hugging – someone you love or the dog or cat
- Relaxation and mindfulness
- Massage
- Cooking/baking
- Art/craft
- Building dens, imagination games, lego, etc

Calm down strategy

Which finger likes to be held?

