

Emotions

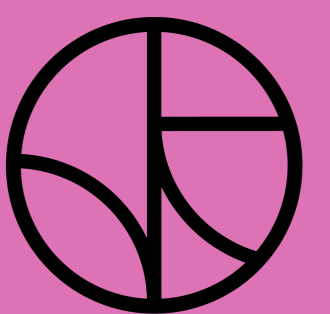
Good mental health isn't about being happy all the time. A mentally healthy life includes the full range of human emotions!

Emotional literacy is the ability to recognize how we feel, understand our feelings, label them and express them.

Affect labelling is putting feelings into words. Saying "I feel sad" or writing about what's upsetting you are both examples of affect labelling. When we put our feelings into words, we are actually constructing and making meaning of our emotions. Without words for emotions, our feelings might seem unclear to us.

Naming, talking and **writing** about our emotions helps to regulate them by decreasing our anger or fear response. It does this by lowering amygdala activity – the part of the brain involved in the fear response – and activating the prefrontal region of the brain thought to be involved in inhibiting behavior and processing emotions.

If you or someone you love is struggling, there is hope and help:
Counselling Services: 519-824-4120 x 53244
Good2Talk: 1-866-925-5454 or text "GOOD2TALKON" to 686868
Crisis Text Line: Text "UofG" to 686868



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