



May is Mental Health Month

Recognize your emotions

Emotions influence how we react to events or situations. They can be short-lived, such as a flash of annoyance at a friend, or long-lasting, such as enduring sadness over the loss of a loved one. Being aware of our emotions helps us to talk about feelings more clearly, resolve conflicts better and move past feelings more easily.

Different types of emotions

Six basic emotions that are universal throughout human culture are:



Happiness

A feeling of wellbeing often represented by smiling or speaking in an upbeat tone.



Fear

A scared feeling that can cause increased heart rate, racing thoughts or the fight-or-flight response.



Anger

A feeling of being mad, expressed through frowning, yelling or violent behavior.



Sadness

An unhappy feeling shown through crying and withdrawing from others. Types of sadness include grief, hopelessness and disappointment.



Disgust

A feeling triggered by a physical experience, such as seeing or smelling something unpleasant. Moral disgust may occur when someone sees another person doing something immoral or distasteful.



Surprise

A short-lived good or bad feeling depending on the situation.

Understanding our emotions and what causes us to feel the way we do improves our self-awareness and makes it easier to cope with challenging and positive situations in life.

Find additional information and resources at MagellanHealthcare.com/Mental-Health-Month.

