

MINDFUL EDGE

LESSON 6 HOW DO EMOTIONS IMPACT THOUGHTS & BEHAVIOURS?

1. WHAT IS
STRESS?

2. WHAT IS
MINDFULNESS?

3. HOW TO
PRACTICE
MINDFULNESS?

5. HOW DO
THOUGHTS
IMPACT
EMOTIONS &
BEHAVIOURS?

7. HOW TO
BEFRIEND
STRONG
EMOTIONS?

8. WHAT IS THE
SCIENCE OF
HAPPINESS?

4. WHAT IS THE
NEUROSCIENCE
OF
MINDFULNESS?

My Mindful Journey Reflective Journal
Mindful Edge Interactive™
Skill for Being with the Ups and Downs of Life
(Stress Management and Life Strategies for Youth)
for use with MindfulEdge.ca interactive website for Youth

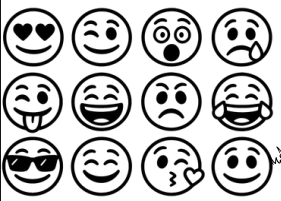
Curriculum Authors: Heidi Bornstein | Stephen Chadwick | Naomi Nurgitz | Natalia Fister

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HOW DO EMOTIONS IMPACT EXPERIENCE?

WHAT ARE EMOTIONS?



WHAT EMOTION AM I FEELING NOW?

Key Points About Emotions

Emotions can be felt as sensations in the body.



Mindfulness helps us observe emotions as they rise and fall like waves.

Naming emotions builds self-regulation and emotional awareness.

Emotions, thoughts, and actions are connected.

LEARN!

The Function of Emotions

PROTECTIVE

- To protect us and those we care about
- To motivate action

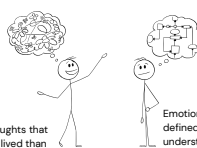
CONNECTIVE

- To communicate with others
- To communicate with ourselves

Emotions are your body's internal GPS, helping you understand your needs, safety, and relationships.

Emotions & Social Intelligence

Emotions rise and fall like waves. The average emotion has a shelf life of 15 minutes. Our thoughts (ruminating mind) keeps them alive longer.



Emotions often drive thoughts that turn into feelings (longer lived than emotions) and in turn drive actions. Understanding this helps cultivate emotional regulation.

Observing and allowing the rising and fading away of emotions can often help us understand and respond skillfully to difficult emotions.

Emotional intelligence is defined as the ability to understand and manage your own emotions, as well as recognize and influence the emotions of those around you.

Emotions Are....

- important, useful, & universal to human experience
- neither good nor bad
- hardwired and universal
- contagious - we are wired for empathy
- experienced as pleasant, unpleasant, neutral
- are expressed based on culture context

Emotions Have Families

WHICH EMOTIONS HAVE I FELT?



EMOTIONS vs. MOODS

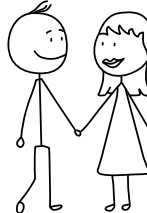
FEATURE	EMOTIONS	MOODS
DURATION	Short-lived (seconds to minutes, sometimes hours)	Longer-lasting (hours, days, or longer)
INTENSITY	Typically stronger and more intense	Usually milder and more diffuse
CAUSE	Triggered by a specific event, thought, or situation	Often no clear or identifiable cause
FOCUS	Directed toward something specific (e.g., anger at a comment)	General feeling state (e.g., feeling irritable all day)
AWARENESS	Usually easy to identify and label	May be harder to recognize or explain
FUNCTION	Signals important information and motivates action	Influences perception, thinking, and behavior over time
EXAMPLES	Fear, joy, anger, sadness, surprise	Cheerful, gloomy, calm, anxious, irritable

EMOTIONS are like weather events—intense, short-lived, and linked to a specific trigger.

MOODS are like climates—more subtle, longer-lasting, and often without a clear cause.

Gender and Emotions

- People express emotions differently
- Anger may be expressed outwardly or inwardly
- The same situation can create different emotions
- Some research suggests women are better at reading nonverbal cues



Signs of Emotion Dysregulation

- Overly Intense emotions**
- Avoids difficult emotions**
- trouble making decisions**
- lack of emotional awareness**
- inability to manage behaviour**
- impulsive behaviour**

How to Calm Your Inner Storm

- Emotions serve a purpose, even when they're difficult.
- Emotion dysregulation happens when emotions become difficult to manage.
- Try coping strategies like movement, breathing, or music.
- Increase awareness by naming what you feel.
- Validate your emotions instead of judging them.

Energy as E-Motion

RIDE THE WAVES OF EMOTIONS. LET THEM COME. LET THEM GO.

Emotion comes from the Latin word *emovere* ("energy in motion").

Emotions are felt through both physical sensations and emotional reactions.

PRACTICE THE OCEAN VISUALIZATION HERE!

Lesson 6: How Do Emotions Impact Experience?

EMOTION EMOJI LIST CHECK-IN

❖ Which emoji most expresses how you are feeling now?



HAPPY



CONTENT



ENTHUSIASTIC



EXCITED



DELIGHTED



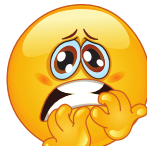
OPTIMISTIC



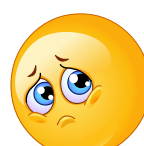
SAD



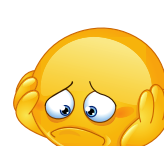
SCARED



FRIGHTENED



HURT



DEPRESSED



ANXIOUS



ANGRY



GRUMPY



ANNOYED



FRUSTRATED



OUT OF CONTROL



BORED



CONFUSED



SURPRISED



PROUD



INTERESTED



NERVOUS



EMBARRASSED



TIRED



UNCERTAIN



REGRETFUL



THOUGHTFUL



SILLY



INSPIRED

*"Our emotions aren't up to us.
What we do with them, however, is absolutely up to us."
~ Ralph De La Rosa*

FUN FACT:

There are over 3,000 words in the English language to describe emotions!

EMOTIONS VOCABULARY CHECK-IN

Knowing which emotions you are feeling when you are feeling then can help regulate emotions.

❖ *What are the some of the emotional reactions that you may experience?*

Great	Good	Meh	Poor	Rough
• Appreciative	• Balanced	• Afraid	• Ashamed	• Angry
• Creative	• Caring	• Apathetic	• Defeated	• Arrogant
• Enthusiastic	• Concerned	• Worried	• Despairing	• Competitive
• Fiery	• Empathetic	• Concerned	• Disappointed	• Disgusted
• Glad	• Grounded	• Confused	• Embarrassed	• Frustrated
• Happy	• Loving	• Distracted	• Grieving	• Full of Dislike
• Joyful	• Non-Judgmental	• Hesitant	• Heartbroken	• Impatient
• Relieved	• Open-minded	• Lazy	• Homesick	• Jealous
• Strong	• Trusting	• Nervous	• In Pain	• Pessimistic
• Content	• Calm	• Restless	• Insulted	• Self-Critical
• Encouraged	• Compassionate	• Stressed	• Lacking Confidence	• Annoyed
• Excited	• Connected	• Torn	• Longing	• Closed-minded
• Fulfilled	• Equanimous	• Anxious	• Powerless	• Defensive
• Grateful	• Kind	• Apprehensive	• Remorseful	• Envious
• Hopeful	• Neutral	• Clingy	• Sensitive	• Full of Contempt
• Proud	• Open-hearted	• Conflicted	• Unhappy	• Grumpy Irritated
• Satisfied	• Relaxed	• Disconnected	• Alienated	• Judgmental
• Thankful		• Guarded	• Bullied	• Resentful
		• Indifferent	• Depressed	• Irritated
		• Mixed Up	• Hurt	
		• Panicked	• Discouraged	
		• Scattered	• Exhausted	
		• Suspicious	• Guilty	
		• Uneasy	• Helpless	

EMOTIONS LIST CHECK-IN

❖ *How are you feeling now?*

SAD

- Depressed
- Desperate
- Dejected
- Heavy
- Crushed
- Disgusted
- Upset
- Hateful
- Sorrowful
- Weepy
- Frustrated

HAPPY

- Amused
- Delighted
- Glad
- Pleased
- Charmed
- Grateful
- Optimistic
- Content
- Joyful
- Enthusiastic
- Loving

HURT

- Jealous
- Betrayed
- Let down
- Tender
- Wounded
- Impaired
- Damaged
- Criticized
- Abused
- Punished
- Rejected

CONFIDENT

- Strong
- Brave
- Assured
- Certain
- Prepared
- Successful
- Encouraged
- Peaceful
- Secure
- Relaxed
- Comforted

ENERGIZED

- Strengthened
- Motivated
- Focused
- Invigorated
- Determined
- Inspired
- Creative
- Healthy
- Renewed
- Vibrant
- Refreshed

PANIC

- Anxious
- Troubled
- Uncomfortable
- Stunned
- Mixed up
- Unsure
- Stuck
- Hurt
- Frozen
- Desperate

ANGER

- Annoyed
- Agitated
- Raging
- Furious
- Livid
- Bitter
- Fed up
- Irritated
- Mad
- Critical
- Resentful

TIRED

- Indifferent
- Bored
- Drained
- Exhausted
- Dull
- Weary
- Powerless
- Dejected
- Listless
- Burned out
- Fatigued

STRONG

- Dynamic
- Tenacious
- Hardy
- Sure
- Certain
- Unique
- Secure
- Empowered
- Ambitious
- Powerful
- Confident

HELPED

- Cherished
- Befriended
- Appreciated
- Understood
- Commended
- Empowered
- Accepted
- Blessed
- Healed
- Loved
- Saved

7 BASIC EMOTIONS

ANGER



- Irritated
- Annoyed
- Frustrated
- Furious
- Rage

CONTEMPT



- Dismissive
- Scornful
- Superior
- Smug
- Disdainful

DISGUST



- Dislike
- Repelled
- Aversion
- Loathing
- Nauseated

FEAR



- Scared
- Anxious
- Worried
- Terrified
- Panicked

HAPPINESS



- Joyful
- Content
- Proud
- Excited
- Cheerful

SADNESS



- Unhappy
- Downhearted
- Lonely
- Disappointed
- Grief

SURPRISE



- Startled
- Amazed
- Astonished
- Shocked
- Stunned

Fun Fact:

The English language contains over 3,000 words used to describe emotions. However, linguists and psychologists often categorize these into primary or core emotions, such as the widely accepted 8 basic emotions: anger, contempt, disgust, fear, happiness, sadness, and surprise

LESSON 6 EVALUATION: HOW DO EMOTIONS IMPACT EXPERIENCE?

❖ Which idea(s) and practices from the *How Do Emotions Impact Thoughts and Behaviour?* lesson did you find supportive/helpful/interesting that you might try and incorporate into your daily life?

Lesson Components	
Arriving	5 Senses
Check-in	What Weather Am I?
Breathing	Bunny Breathing
Focus	Ocean Visualization
Movement	Neck and Shoulder Stress Release
Thoughts	Information, Activities and Practices – please specify • Emotions Definition • The Function of Emotions: Protective and Connective • Emotions Communicate and Influence Others • Emotions Organize and Motivate Action • Emotions Can Be Self-Validating • Emotions and the Brain
Mindful Attitudes	• Acceptance
Healthy Habits	• Create • Connect

❖ Please list 1 thing you might try to incorporate into your daily life.

❖ What did you like least about this lesson or found challenging?