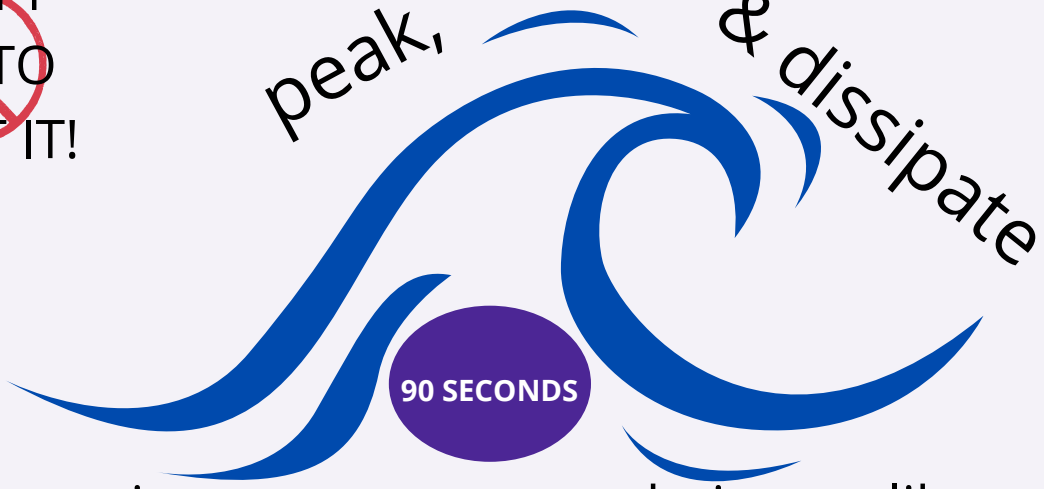
EMOTIONS:

E(energy) in MOTION

DON'T TRY TO FIGHT IT!



The sensations arise on their own like a wave.

THE WAY EMOTIONS ARE HANDLES IN CHILDHOOD- WILL BE HOW THEY ARE HANDLES IN ADULTHOOD.

OUR ROLE WHEN OUR CHILD IS EXPERIENCING EMOTIONS IS TO WITNESS OUR CHILD'S EMOTIONS & NOT LEAVE THEM ALONE WITH THEIR EMOTIONS.

As parents, one of the most painful things for us to witness is our child experiencing pain. For our child who is experiencing the pain, it is painful to them not to have a parent capable of witnessing their pain.

Emotions don't disappear. When we have feelings that don't get expressed, it can create a **"bad" mood**. Lots of suppressed emotions emotions over years, may become a **depression**, which is **emotions that have been depressed.** Allowing our children to express their emotions in childhood, allows them to be emotionally healthy adults.

- Emotional Pain & Physical Pain are both the same to the brain.

CRYING:

Crying is not "bad" behaviour, it's a human behaviour that is healthy & normal.

Three Types of tears:

1. **Basal Tears**: regular hydrating tears
2. **Reflex Tears**: protects eye (cutting onions/dust etc.) These tears are 98% water.
3. **Emotional tears**: several chemicals are commonly present. Prolactin, which is a protein, Adrenocorticotropic, which is a **hormone that indicates high stress levels** & Leucine Enkaphalis, **endorphins that reduce pain & works to improve our mood.**