

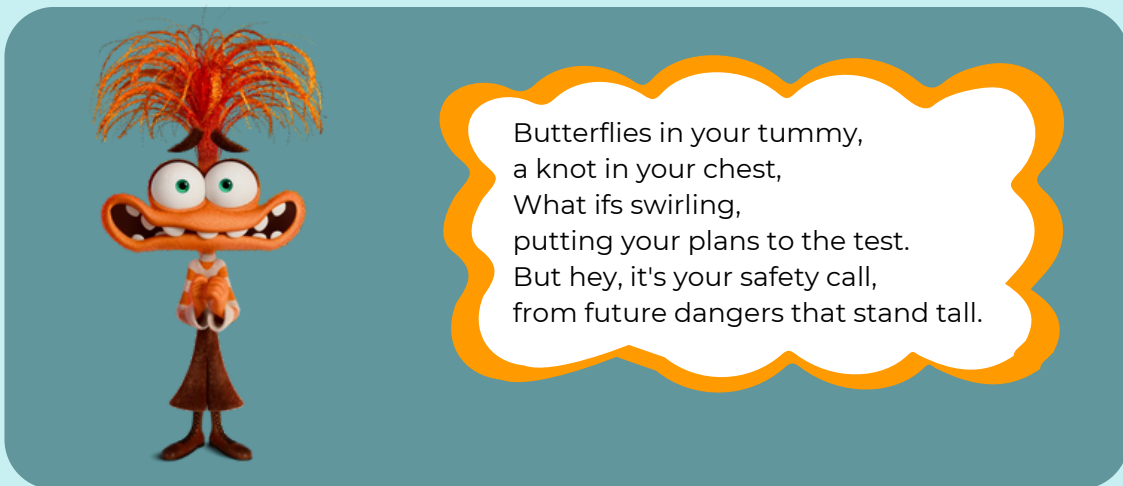
EMOTIONS: THE GOOD, 'BAD' & THE TOTALLY MISUNDERSTOOD!

Hey there, fellow feelers! We all know emotions can be a rollercoaster – joy one minute, frustration the next. And sometimes, we hear whispers about "good" emotions and "bad" emotions.

But guess what? That's a myth! Every single feeling, even the ones that feel uncomfortable plays a crucial role in our emotional well-being. Just like your favourite superhero squad needs all its members, your brain needs an entire team of emotions to function at its best. Today, let's...

...Meet The Misunderstood Crew!

————— **Name: Anxiety** —————



Butterflies in your tummy,
a knot in your chest,
What ifs swirling,
putting your plans to the test.
But hey, it's your safety call,
from future dangers that stand tall.

This worry warrior is that voice in your head that keeps you prepared for what might go wrong. It's always on alert for potential threats, even if they're far off and not even there yet. Anxiety is often confused with fear. However, fear is like a fire alarm, going off when there's a real and present danger. And anxiety is like that overprotective friend who always reminds you to bring a jacket "just in case." Sometimes it can be a bit much, but it's just trying to keep you from getting hurt.

————— Name: Disgust —————



Holds its nose at stinky socks
and spills on the floor,
Wrinkles up its face when something
makes you gag to the core.
Scrunched up nose and wrinkled brow
Keeps the nasty stuff out, somehow
To protect your body, is its vow!

This scruffy scout is like your super picky roommate who freaks out at anything remotely messy. Sure, they can be a bit of a clean freak, but they're just trying to keep you healthy. Disgust can be a moral compass, helping you avoid things that clash with your values. It's your body's way of saying, "No, that's not cool!" to anything harmful, or just plain wrong.

————— Name: Grief —————



Tears may fall, and the heart may feel
sore
Loss and sadness, can't ignore
I help you heal, to feel once more.
Let the sadness flow,
So you can pick yourself up,
stronger than before, you know?

This weepy willow is the heavy feeling you get after a loss, like a broken toy, a dead pet, or a move away from friends. It's like your internal healing balm, but sometimes it can linger too long and make it hard to feel happy again. But, it helps you process your feelings and move on from a difficult time.

Name: Envy



Longing eyes for what's not mine
Wishing someone else's shine
It lights a fire under you,
to work hard and achieve,
Because hey, a little healthy
competition can never deceive!

This green-eyed gremlin is that feeling you get when someone else has something you want. It can show up as jealousy or resentment, but it can also motivate you to work hard and achieve your own goals. It's like your internal firestarter, but sometimes it can burn out of control and make you feel bitter instead of inspired. Envy is like that friend who just aced their test, making you want to study even harder. It might sting a bit initially, but it can motivate you to reach your goals.

Name: Boredom



Feeling like a drum with no parade?
The world's a blur, your thoughts are
reeling, nothing seems quite the grade.
That, my friend, is boredom's whisper,
a nudge you shouldn't scorn,
A chance to peek within and discover
where your passions are born.

This sighing siren is often thought of as a 'bad' emotion, but actually has a deeper meaning. When your phone battery's dead, you plug it in to recharge, right? Boredom is a signal that your creative batteries need some juice. It's an opportunity to explore new hobbies, reconnect with old interests, or simply slow down and listen to ourselves. So, the next time boredom strikes, step off the treadmill, explore your inner world, and maybe even discover something amazing about yourself.

Every decision you make and your emotions shape every interaction you have at some level or another. So, the next time you feel a "bad" emotion bubbling up, don't try to bottle it in! Acknowledge it, understand its purpose, and then let it guide you.

Remember that there are no 'good' or 'bad' emotions, and we never feel just one emotion—they usually coexist, working together to guide us towards growth and well-being.

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

