



Video transcription

Emotions

Let's talk about emotions. You've probably experienced many of these emotions. Sometimes you feel happy, like when you are with your pet, your friends, listen to music, draw, or receive a gift.

Other times you feel sad, like when something doesn't go as expected, or you miss someone you love. We also feel sad when we have a hard time learning something, or someone doesn't understand us. Sometimes you feel afraid, as when something is scary or unexpected.

For example, I am very afraid of the dark and heights. You may also feel angry, like when someone bothers you or doesn't listen to you. And sometimes you feel surprised, as when something unexpected happens.

For example, an unexpected visit from someone we love very much, a compliment from our professor or boss at work. All of these emotions are normal, and they're all good, because emotions help us understand how we feel and why. When we feel happy, we know we like something.

When we feel sad, we can think about how to make things better. Fear helps us to be alert and take care of ourselves. Anger can help us stand up for what is right for us, and surprise shows us that sometimes things change and teach us something new.

It is important to learn to recognize our emotions, because they tell us a lot about what we need. So, a first step to improve our communication, for example at school or at work, is to know our emotions. Although all emotions are good, because they help us to know ourselves better, not all of them are appropriate at all times.

For example, it is normal to get angry from time to time, but it is not good to be angry all the time. What do you do in that case? Well, in that case, we will think about what makes us angry. What makes us angry? Can we solve it? In cases where what affects us does not depend on us, for example, because it depends on other people, the best thing to do is to tell that person how we feel.

Some of the topics covered in these videos are sensitive. If you have questions related to health, well-being, laws, duties or rights, we recommend that you consult a specialist.



But for that, we must choose the right place and the right time. You can be angry with your teacher or your boss or your family member, but you should not shout in front of everyone. It is important that you think, first, what is happening to me? Is this feeling good for me? These are very complex questions, but if you reflect for a while, you will find the answer.

When you know what is making you feel good or bad, you can act and improve your emotions. Knowing our emotions allows us to be good to others and to ourselves. Being good to others and to ourselves is called compassion.

And sometimes, when emotions become very strong, it can be helpful to write down what we feel. Writing down how we feel helps us understand our emotions better and feel calmer. So, the next time you have a lot of emotions, try writing down what you're feeling.

It's a great way to get to know yourself better.