

Feelings and emotions

- | | |
|-----------------------------|-----------------------------------|
| 1. Emotions mean: | behaviour |
| 2. Our emotions drive our | chemical messages |
| 3. Our emotions come from | fight or flight |
| 4. Our brain alerts us by | our brain |
| 5. A potential threat means | dopamine, oxytocin serotonin |
| 6. Dangerous means | are subconsciously |
| 7. Nice treat means | regulating and understanding them |
| 8. Many of our responses | stress; cortisol and adrenalin |
| 9. Some solutions | love, hate and fear |