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

LIVEWORKSHEETS