

## Feelings and emotions

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|-----------------------------|-----------------------------------|
| 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               |