



## TURN YOUR EMOTIONS INSIDE OUT!

Emotions, or feelings, affect everyone and are a normal part of life. There are seven universal emotions: anger, fear, disgust, happiness, sadness, surprise and contempt (dislike). Sometimes, an emotion or feeling can be so strong that it causes a person to experience physical changes or sensations. Understanding how to recognize what you are feeling enables you to turn an emotion inside out.

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### DO YOU HAVE A HEADACHE?

*You could be tired, hungry, angry or stressed.*

If you are **TIRED**, focus on getting eight to ten hours of sleep every night. According to the [National Sleep Foundation](#), not getting enough sleep can also lead to increased stress, makes you more prone to pimples, and can lead to weight gain.



If your headache is a dull, throbbing feeling in the temple region, and it has been several hours since your last meal, **HUNGER** may be the cause of the headache. To boost your blood sugar, eat an apple or another juicy fruit to help relieve the headache.

A **STRESS** and **ANGER** related headache usually cause dull pain and pressure around the forehead and scalp region. To relieve stress and release anger, try meditating – close your eyes, take deep calming breaths and clear your mind. Other stress management techniques to consider include, talking to a friend, parent, teacher or a guidance counselor. It's important to recognize the cause of your stress, and to make a plan to reduce the trigger.

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### DO YOU HAVE AN UPSET STOMACH?

*You could be anxious, afraid or excited.*

You may be **nervous** about an upcoming exam or could be excited as you anxiously await a trip. When a person is stressed and anxious the brain releases hormones that impact the gut and can lead to cramping, nausea, diarrhea or constipation. Focus on reducing anxiety by exercising and learn how to say “no” instead of trying to please others’ requests. It’s important to have self-care and seek [guided support](#) when needed.





## DO YOU HAVE TROUBLE SITTING STILL OR CONCENTRATING DURING CLASS?

*You could be tired, joyful or anxious.*



Sometimes you can experience many thoughts and feelings swirling in your mind, sitting still in class can feel impossible. To help quiet your mind, do a brain dump. Write everything that is bothering and distracting you on a blank piece of paper. Review the thoughts written down, this can help put things into perspective and give clarity which will allow you to focus better during class.

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## DO YOU FEEL LIKE CRYING?

*You could be disgusted, sad or overjoyed.*

Emotions can feel overwhelming, sometimes the only way to express them is through tears. It's OKAY to cry! Crying can be a cathartic release, resulting in a new lightness in your chest and mind.



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## DO YOU HAVE TROUBLE SLEEPING?

*You could be anxious, scared or excited.*



Take steps to calm your mind at night. Consider journaling, meditating or creating a nightly routine. It's important to be consistent and mindful of your biological clock; focus on getting eight to ten hours of sleep every night of the week. Set a bedtime and wake time and try to stick to it, seven days a week!

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Remember, everyone experiences emotions and processes their feelings differently. It is important to pay attention to your body in order to take control of your emotions and your overall wellness. Physical symptoms are often messages that the body sends you to help identify what you are feeling. Tune into these messages and turn them inside out to discover more about your emotions!