

# Mental Health Monthly

August 2024

The monthly newsletter to help you fortify your mental wellness.



## A note from the Editor

Moving into the self-management in building emotional intelligence (EI), it's time to talk about identifying emotions and feelings.

Emotions are information. Did you hear me in the back? **Emotions are information!** They are not something to suppress or to "get over", they are not weak, nor are they fact. But they are a valuable source of information about ourselves and about the world around us. Understanding our emotions helps with survival, motivation, and decision making. Dr. Marc Brackett, founding director of the Yale Center for EI suggests "Labeling emotions accurately increases self-awareness and helps us to communicate emotions effectively, reducing misunderstanding in social interactions."

The American Psychological Association (APA) defines emotion as "a complex reaction pattern, involving experiential, behavioral and physiological elements." Emotions emerge subconsciously, act like signals, and include the raw data. Feelings are the interpretations we make on those sensations, assigning meaning to the emotional experience based on biases, fears and desires. While the words "emotions" and "feelings" are often used interchangeably, knowing the difference can help improve your EI and emotion regulation skills (stay tuned for future newsletters!).

So, as we continue on our journey towards improved EI, just sit with your emotions and see what comes up for you...



**Wheel of Emotions proposed by Robert Plutchik, Ph.D.** *Plutchik, R. (1980). Emotion. A psychoevolutionary synthesis.*

**"People can only meet you as deeply as they've met themselves." - Matt Kahn**

Please make note of our new office address!  
Counseling Space, LLC  
4195 US Hwy 1 Suite 102  
Rockledge, FL 32955

# How do we put it into practice?

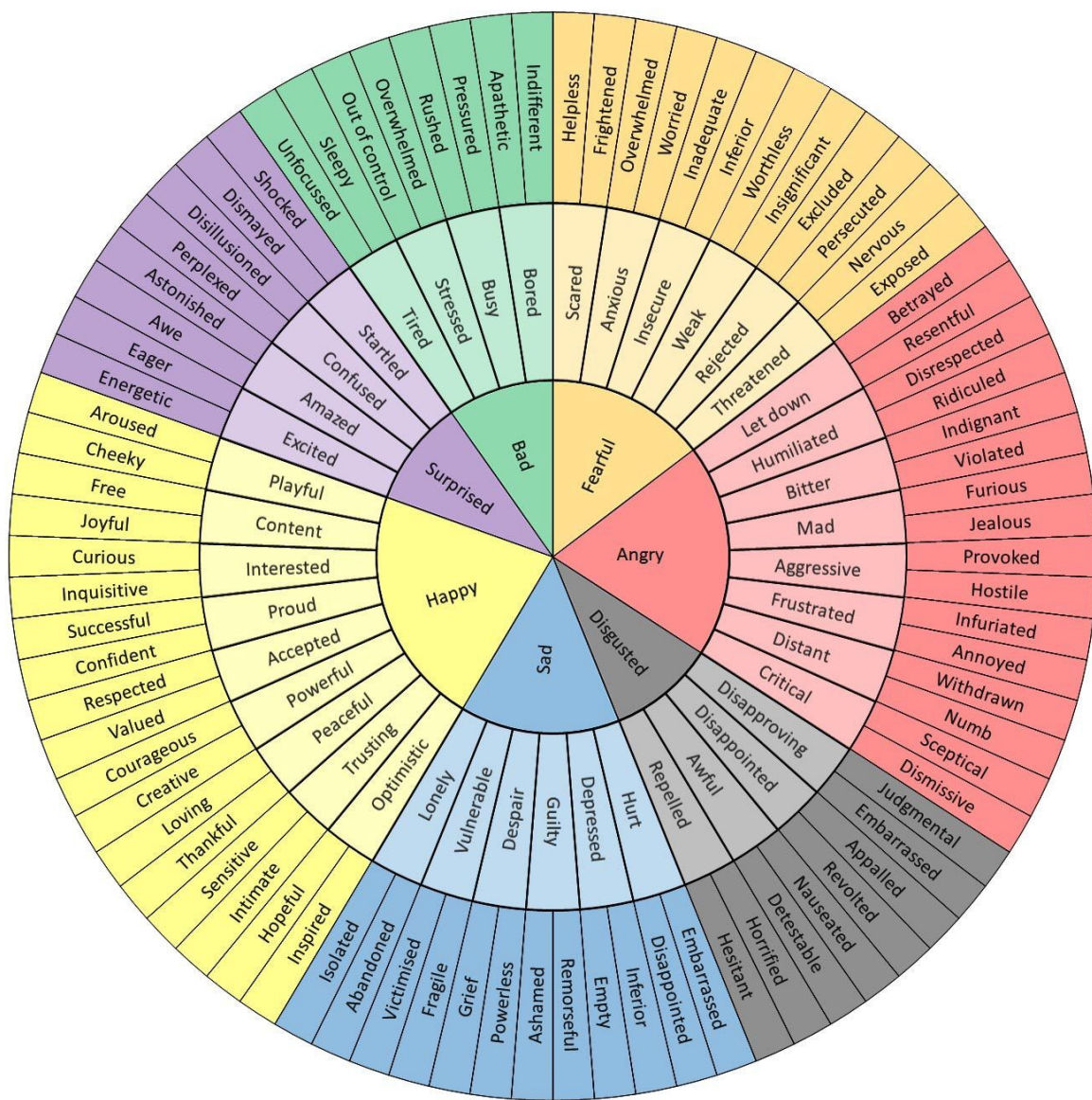
Dr. Daniel Siegel, a psychiatrist, writer, and professor who is also the founding co-director of the Mindful Awareness Research Center at UCLA, suggests that the more we notice and identify our feelings, the easier it is to manage them. He coined the term "name it to tame it" and describes the neuroscience behind why it works [here](#).

The Yale Center for EI created an evidence-based program designed for classrooms that systematically promotes students' social and emotional competence using the RULER approach:

- Recognizing emotions in oneself and others
- Understanding the causes and consequences of emotions
- Labeling emotions with a nuanced vocabulary
- Expressing emotions in accordance with cultural norms and social context
- Regulating emotions with helpful strategies



Check out "Inside Out" and "Inside Out 2", produced by Disney's Pixar, to see our core emotions personified!



"What you resist not only persists, but will grow in size"  
-Carl Jung

PSYCH101  
Constructive Discomfort- leaning into uncomfortable emotions in order to gain a deeper understanding of them.

# Upcoming Events

2 Day Wellness Retreat at Animal Sanctuary.  
October 19-20th, 2024  
330 Spring Forest Dr, New Smyrna Beach, 32168

Daniel Goleman's 12-Week Emotional  
Intelligence Course  
Virtual  
Beginning September 16, 2024



## What does that even mean?

Plutchik's *Wheel of Emotions* on page 1 is a visual representation of how core emotions are related, including where they increase in intensity, where they overlap, and where they oppose one another.

Here are the core emotions described in more detail:

**Sadness:** includes grief, pensiveness, regret, hurt, rejection, melancholy, discouragement, and depressed

**Disgust:** includes hatred, disinterest, disapproval, revulsion, dismissiveness, repulsion, and critical

**Anger:** includes rage, irritation, frustration, insulted, bitterness, mocked, violated, jealous, offended, and provoked

**Anticipation:** includes interest, vigilance, excitement, awareness, impatience, expectant, harried, and cautious

**Joy:** includes happiness, ecstasy, elation, pleasure, triumph, satisfaction, contentment, pride, and serenity

**Fear:** includes terror, caution, apprehension, concern, worry, anxiety, stressed, and nervous

**Surprise:** includes amazement, distraction, wonder, awe, amusement, shock, speechlessness, and disbelief

**Trust:** includes safety, vulnerability, hopeful, positive, secure, supported, comfortable, and relaxed

<https://www.betterup.com/blog/emotion-wheel>

## Noteworthy Clinicians Spotlight

Marc Brackett, Ph.D. is the founding director of the Yale Center for Emotional Intelligence, a professor in the Child Study Center at Yale, as well as a best-selling author of "Permission to Feel" and award-winning researcher who published 175 scholarly articles on the role of emotional intelligence in learning, decision-making, creativity, relationships, physical and mental health, and workplace performance.

## Resources

[Permission to Feel: Unlocking the Power of Emotions to Help Our Kids, Ourselves, and Our Society Thrive by Marc Brackett, Ph.D.](#)

[Dealing with Feelings webcast with Dr. Marc Brackett](#)

[All for Love: the Transformative Power of Holding Space by Matt Kahn](#)