

Attention, Memory, and Learning

Emotions influence our ability to pay attention, focus, and remember.

- When we feel pleasant emotions, like optimism or enthusiasm, we are more likely to pay attention and remember new information.
- When we are distracted by unpleasant feelings like sadness or anxiety, it can be more difficult to pay attention.

Decision Making

Emotions often shape the choices we make. Being aware of their impact helps us to weigh our options more thoughtfully.

- Pleasant emotions can open our minds to unfamiliar options, but they can also lead us to make riskier choices.
- Unpleasant emotions can limit our consideration of new solutions, but they can also lead us to think more carefully about our choices.

Relationships

Emotions affect how we interact with others.

- How we feel when we are around others can lead us to engage with or avoid them.
- How others feel when they are around us can lead them to connect with or avoid us.
- Being aware of our emotions when we interact with others can help us avoid unhealthy relationships and strengthen healthy ones.

Physical and Mental Health (Wellness)

Emotions impact our physical and mental health.

- Stress causes changes in our brains and bodies. Emotion regulation can counter these impacts and improve our well-being.
- Emotions can motivate us to make healthy choices about diet, exercise, and sleep. They can also make it hard to follow through. Awareness of our emotions supports more consistent self-care.

Creativity

Emotions impact how we see and respond to challenges and goals. Recognizing the value of pleasant and unpleasant emotions can open the door to more creative thinking.

- Pleasant emotions, like euphoria or contentment, can free up our thinking to allow new ideas to surface.
- Unpleasant emotions, like disappointment, frustration, or disgust, can help us notice problems that need new solutions.