

Health

Feelings and Emotions ✨

- Emotions are the feelings of the mind towards the things around us.

there are 2 types

1. Positive Emotions are like glad, loving, proud

* Positive Emotions have good effect on our health.
, happy

2. Negative Emotions are like angry, sorry, sad

* Negative Emotions have bad effect on our health.



"Dealing with Emotions"

1. In time of trouble ask parents , freinds to help .

2. Use free time constructively or do things you enjoy .

3. Practise ^{မှတ်တမ်း} meditation to control emotions and calm the mind.

4. Do not use violece in solving problems.

5. Relax by doing exercise , singing , drawing.

6. Learn how to listen to ideas of others and be

^{မှတ်တမ်း}
optimistic.