PSYCHOLOGICAL FACTS ABOUT FEELINGS

1. Your worst battle is between what you know and what you feel.

2. Your gut feelings are usually correct, because they represent the processing of more complex information.

3. People who use swear words regularly tend to be stronger emotionally and more intelligent.

4. Psychologically, one of the best feeling realizing that you are perfectly happy without people you thought you needed most.

5. The best feeling of the world is knowing that you actually mean something to someone. This can literally add year to your life expectancy.

6. Psychology says, the longer you hide your feelings for someone, the harder you fall for that individual.

7. Feeling sadness for no apparent reason may indicate that you're missing someone and or someone missing you.

8. You feel lonely not when no one care about you, buy when someone you expect to care doesn't care about you at all.

9. If someone make it seem like everything is always you fault that means someone doesn't care for your feelings.

10. In the English language, there are over 400 words that describe different kinds of emotion. Many of them may be synonyms for one another, but it just goes to show how important feelings are to people.

11. People have over 10,000 subtle facial expressions that can express their emotions. What's more impressive is that most people can pick up on these subtle changes. We have evolved to be able to recognize emotions via subtle changes in facial expression.

12. People want to get Botox to fill in their wrinkles and become more attractive. However, the Botox makes their face stiff, and limits the many tiny emotional changes in the face. People are actually attracted to animated, emotional people, and Botox takes that away.

13. Charles Darwin believed that emotions like fear were key to human evolution. For example, if someone was afraid of a bear, they would run away. Some animals, like the Dodo bird, didn't develop fear of predators (as there were none on their isolated islands) which led to their extinction. Also, feelings of attraction are believed to have helped early humans breed with other desirable people, which improved the species each generation.

14. The ancient Greek myth, negative emotions like spite, revenge, and envy were released out of Pandora's Box into the world.

15. All people are born with basic emotions, and normal reactions to these emotions are not necessarily learned from watching their parents. We know this, because even children who are born blind will still have the same facial expressions as everybody else, like smiling when they're happy, or frowning when they're sad.

16. Emotions last even longer than memory. Many people can remember how the emotionally felt during a certain situation, even if the finer details are hazy. Studies of people with amnesia and Alzheimer's find the same results. Even if someone cannot remember who they are, they can remember the emotions of their past life.

17. A lot of people preach having a positive mindset and always trying to be happy 24/7. In fact, it's very mentally healthy to be sad sometimes. Being able to cope and process sadness is much better than pushing your negative emotions down deep.

18. Have you ever gone to sleep feeling sad or anxious, and woke up feeling in a much better mood the next morning? That is because when your brain goes into REM sleep, it releases chemicals that ease the mental pain of traumatic experiences.

19. Your physical health has a lot to do with how your feel emotionally. If you're in pain or have a chronic illness, it is natural to feel down in the dumps

20. Your emotions can also affect your physical body. Jealousy has been known to cause stomach aches, and stress can cause headaches.

21. Exercise makes you happy. Cardiovascular activity increases endorphins in your body, which improves your mood. Running or other intense workouts sometimes also boosts adrenaline, which can make you feel as though you have more energy after the workout than when you started.

22. Overly optimistic and cheerful people have a hard time facing reality. In many cases, they are in denial about realities that may make them sad, and choose not to face the facts.

23. The most difficult emotions to fake are sadness and anger.

24. It is easy to predict what kinds of situations annoy people or make them angry. For example, showing up an hour late, talking loudly in a movie theater, or cutting in line will almost always make the average person angry. For this reason, it's actually very easy for an "annoying" person to change their behavior to make others like them more.

25. Anger relies on interpretations. For example, if you have been dating someone for a month, and they are always a half hour late, you can interpret it in multiple ways; "This person doesn't like me very much", "They are very selfish", or you can choose to blow it off- "They are coming here from work, so they get caught in rush hour traffic." There are many situations where "anger" is completely justified as a response, it's actually possible to choose not to be angry, if you give people the benefit of the doubt.

26. Anger is very natural, and it doesn't make you a bad or violent person. If someone in your life is making you feel angry, it's OK to express that. If you are afraid of confrontation, a good way to address a problem is by making it all about you, rather than pointing fingers at the other

person. For example, you can say, “Time is valuable to me. So, when I feel that my time is being wasted, it makes me feel disrespected.” This is much better than saying, “You’re always late. You don’t care about my feelings at all!” You cannot assume the other person’s intentions, and they cannot deny your emotions. So it’s much better to just express how you feel.

27. It takes a lot for people to admit when they are angry, especially in their close relationships. People associate “anger” with violence. However, there is a difference between “anger” and “aggression”. For example, anger is the feeling you get when you’re boiling from annoyance or injustice. Aggression is best described in an example i.e. road rage. When someone is cut off on the highway, and the aggressive driver decides to tailgate the other driver as a kind of revenge, and it is considered a form of aggression.

28. Smoking marijuana has been proven to calm certain people down, and reduce depression.

29. THC, the active ingredient in marijuana, is a chemical that occurs naturally in the brain. THC helps to process your emotions. One study by the University of Colorado discovered that people who have used marijuana at least 4 times in the last year were less likely to interpret another person’s expression as “angry”. Anxiety can sometimes cause the assumption that people are angry with you or hate you, even if they could actually care less. So THC helps to make that feeling go away. This improved emotional processing in the brain also helps you to not jump to conclusions that will make you angry.

30. Jealousy is a different emotion than envy. If you feel a twinge in your stomach when you hear that your friend from High School is more successful than you are- that’s actually envy. On the other hand, if someone is flirting with your significant other, that’s jealousy. The key difference is that “envy” is what you feel when you want something you can’t have, and “jealousy” is when something you already had in the past was taken away. So, if someone says, “I’m so jealous!” about your success, they are actually using the word incorrectly.

31. Sometimes, when someone is on the verge of tears, their lip will begin to quiver. This is because your brain is pulling on muscles in the face to cause the motion. The emotional, sad side of the brain is battling with the logical side that is trying to hide the emotion.

32. Positive body language is easier to fake and control than negative body language. For example, if you are scared or repulsed by something, you may lurch backwards. However, if you want to pretend to be happy or interested in someone, smiling and using open gestures are relatively easier to fake.

33. Everything you eat and drink can affect your mood. Chocolate, fish, and tea are all known for boosting levels of happiness.

34. Vegans report that they feel much happier with their lives overall when they eat a meat and dairy-free diet, compared to when they ate animal products and processed foods.

35. Emotions are not just in your head. Too much anger and stress can actually damage your body. High blood pressure is associated with living a stressful life.