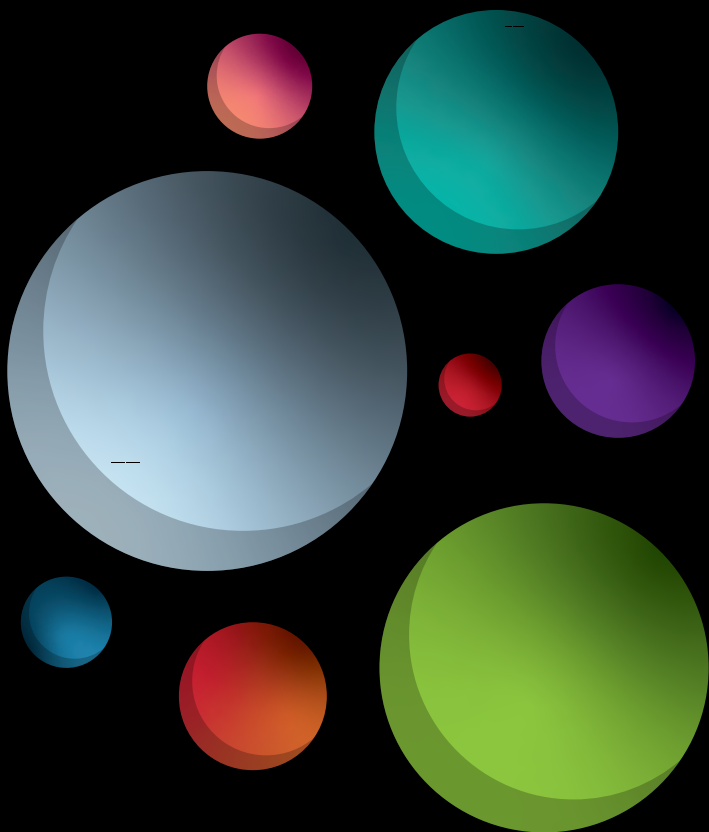


That's Alright

Making Sense of What You Feel



Chris Dixon

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This is the free version of That's Alright with a handful of the emotions featured in the full edition.

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That's Alright

Making Sense of What You Feel

I have suffered from long-lasting chronic depression and was fortunate enough to access therapy. Through this process, I realised that I didn't fully understand what I was feeling or why.

As a result, I noticed that many people, including myself, had difficulties discussing emotions. This could be due either to a lack of education on emotional awareness or to fear and shame stemming from societal stigmatisation.

This is why I wanted to create resources to help us understand emotions that are commonly perceived as 'negative'. My aim is to assist people in tackling chronic depression by encouraging them to feel comfortable being open and discussing how they feel.

In this book, there are 18 illustrated emotions, including anger, grief, and guilt. Each emotion comes with explanations about how they might manifest physically and what the possible triggers could be. Accompanied by statistics, these examples highlight that, no matter how alone you may feel, many others are going through similar experiences.

Together, we can dispel the stigma around these emotions and work towards a society where we feel comfortable supporting one another through difficult times.

Important - Please read:

This book has been created to help you understand and identify your emotions. It does not provide methods for controlling or managing feelings. As the aim is to help people eliminate the shame and stigma of perceived negative feelings, this is not a medical guide.

If you feel any emotions are having an impact on your health, life or loved ones, please seek medical advice from a qualified expert such as your local General Practitioner (GP) or through therapy.

I do hope that this book can help some people identify that they may need to seek support with their mental health or it may help you encourage others to seek help. Please don't rely on this as a diagnostic tool.



Anger

Anger can be a reaction to conflict or mistreatment. We experience it occasionally in our lives. However, sometimes we can feel anger more often than we'd like, which can interfere with relationships and careers.

Here are some possible indicators of anger:

- Feeling reluctant to speak
- Sensing that your jaw is clenched
- Feeling hot or tension in the muscles
- Being unable to think clearly or make decisions
- Shouting or swearing at someone or something



You're not alone with this!

Around 1 in 4 people in the UK (28%) reported in a survey that they feel worried about the level of anger they experience (Boiling Point, Mental Health Foundation, 2008).



Anger potential triggers:

- Things not working as expected
- Failure to achieve desired goals
- Unfair mistreatment by someone
- Arguments with friends or family
- Acute or chronic pain from injury or illness
- A demanding lifestyle with many pressures
- Reminders or recollections of past traumas

Anxiety

Anxiety often stems from stress but can include additional emotional and physical symptoms. It can affect daily life even in non-stressful situations. Chronic anxiety can significantly hinder one's ability to enjoy life.

Here are some possible indicators of anxiety:

- Increased heart rate or palpitations
- Feeling uneasy, restless or 'on edge'
- An upset stomach or stomach discomfort
- A strong urge to escape or avoid a situation
- Dry mouth, leading to an increased desire to drink water



You're not alone with this!

Approximately 1 in 6 people in England report experiencing a common mental health problem, including anxiety, each week (Mind, 2020).



Anxiety potential triggers:

- Financial pressures
- High or constant levels of stress
- Disagreements with other people
- Certain medications and treatments
- Experiencing or witnessing a trauma
- Big crowds of people you haven't met
- Caffeine from tea, coffee or energy drinks

Boredom

Boredom usually comes from either a lack of stimulation or a lack of purpose. It can sometimes be difficult to complete school or work projects if we don't find them exciting or challenging.

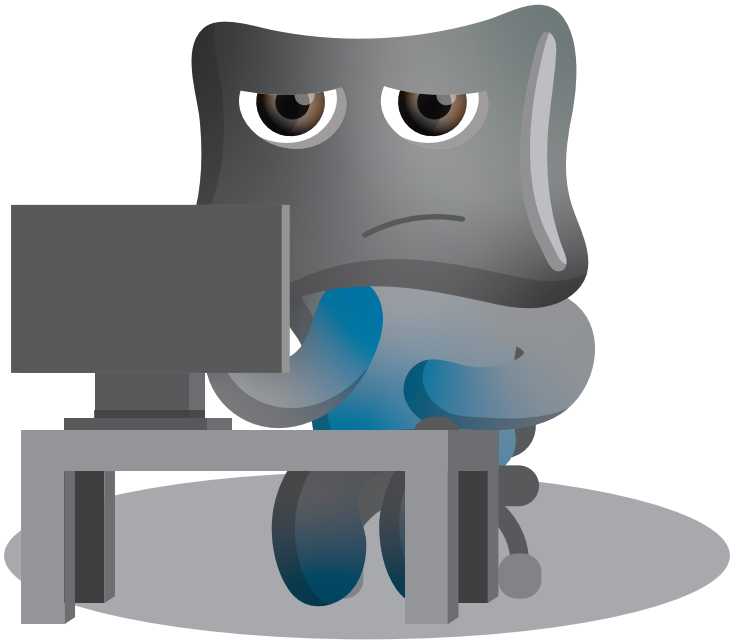
Here are some possible indicators of boredom:

- Feeling restless and fidgety
- Frequent or constant daydreaming
- Finding it hard to concentrate on a task
- A desire to do something impulsive or risky
- Experiencing a lack of fulfilment or motivation



You're not alone with this!

A survey of 2,000 people showed that 23% of respondents feel bored at work, with a third likely to feel bored at home (British Heart Foundation, 2018).



Boredom potential triggers:

- Bland or clinical environments
- Physical isolation from other people
- Feeling like you don't have a purpose
- Spending too much time in one place
- Feeling trapped in a repetitive routine
- Not being challenged at school or work
- Feeling like you lack control over choices

Depression

Depression is a persistent feeling of sadness, despair or displeasure with life. Chronic depression requires treatment as it can prevent us from enjoying life. It can also make many things seem like a struggle

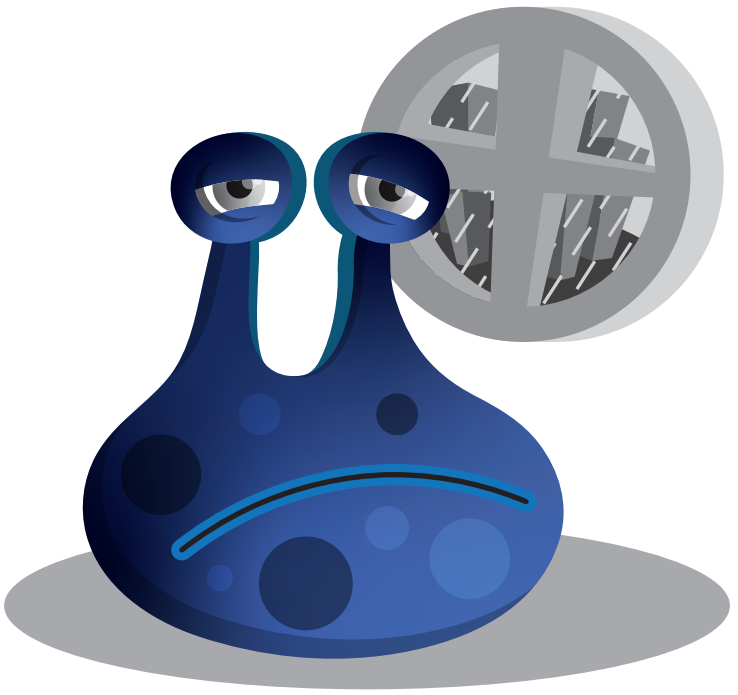
Here are some possible indicators of depression:

- Changes in your appetite
- Experiencing a mental fog
- Feeling constantly fatigued
- Difficulties with sleeping and waking
- Unexplained aches, pains and digestive problems



You're not alone with this!

Depression is more common in younger adults and women. Around 1 in 3 women between the ages of 16 and 29 experience intense depressive symptoms. Meanwhile, 1 in 5 men of the same age group report experiencing these symptoms (Office of National Statistics, 2021).



Depression potential triggers:

- Persistent stress
- Changes in hormone levels
- Social isolation or confinement
- Loss of a friend or family member
- Chronic mental and physical illness
- Previous or current traumatic experiences
- Certain medications or medical treatments

Despair

With despair, we can feel a loss of faith and hope. It may also feel like we have no options in life and our freedom is limited. A chronic sense of despair can prevent us from engaging in activities we would normally enjoy.

Here are some possible indicators of despair:

- A loss of enjoyment in hobbies
- Feeling a sense of helplessness
- Experiencing fatigue and lethargy
- A lack of motivation for work or school
- Maintaining a consistently negative outlook on life



You're not alone with this!

A study found that feelings of despair tended to be more frequently experienced by people from areas with economic hardships such as high unemployment rates and low household incomes (Journal of Health Economics, 2017).



Despair potential triggers:

- Isolation from others
- Chronic illness or pain
- Experience of ongoing trauma
- Challenging financial pressures
- Global issues like climate change
- Loss of a friend or family member
- Sudden end of a close relationship

Discomfort

Discomfort isn't necessarily a negative feeling. Sometimes we experience discomfort in challenging scenarios from which we learn things. However, discomfort can also arise due to an unclean environment or if someone is acting strangely.

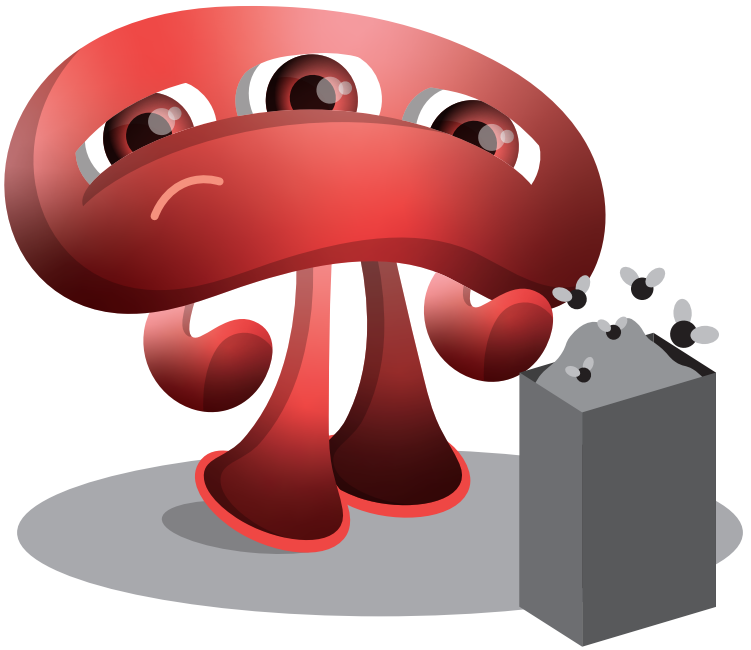
Here are some possible indicators of discomfort:

- Feeling out of place
- Finding it difficult to concentrate
- Heightened sensitivity to the environment
- A need for a solution to alleviate the discomfort
- Wanting to escape the situation or environment



You're not alone with this!

When there is a difference between someone's beliefs and actions, it can result in 'cognitive dissonance.' This is a form of psychological discomfort (Stanford University Press, 1957).



Discomfort potential triggers:

- Being in an unclean environment
- Having a disagreement with someone
- Starting at a new school or workplace
- Experiencing reminders of past trauma
- Suppressing emotions in certain situations
- Encountering someone acting suspiciously
- Dealing with chronic mental or physical pain or illness

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That's Alright

Making Sense of What You Feel

Do you struggle to recognise your own feelings?

Do you feel a need to keep your emotions hidden?

The demands of education, work, and financial responsibilities may compel us to suppress our emotions. Additionally, societal pressures or a lack of self-awareness can make us prioritise others' feelings over our own. In some instances, this suppression can result in chronic stress, depression, and emotional burnout.

This book aims to challenge society's negative perceptions of certain emotions, tackling the stifling stigma that often accompanies them.

Through engaging illustrations, insightful descriptions, and factual information, this book seeks to help readers recognise and understand their own emotions.

The book also aims to help people overcome the shame and fear associated with natural emotions so that they can engage in open and constructive conversations about their mental health.

Sometimes, we can't control how we feel, and that's perfectly alright.