### Info sheet 2

**What are Emotions?**

Emotions are reactions that influence our experiences and behavior. They are brief, situational, and object-oriented. Emotions affect our facial expressions and nonverbal behavior. Additionally, they influence our information processing. Emotions also serve as motivators; for example, if we experience joy in an activity, it becomes easier for us to continue.

**What Emotions Exist?**

There are both negative and positive emotions. Negative emotions include fear, anger, disgust, sadness, tension, oppression, melancholy, and exhaustion. Positive emotions encompass joy, satisfaction, relaxation, cheerfulness, and alertness.

**How Do Emotions Arise?**

Emotions develop throughout the entire lifespan and can be trained. Our feelings influence our thinking and actions. If we cannot control our emotions, it can lead to problems such as technostress, especially when using a computer. This is because we may struggle to think clearly when overwhelmed by emotions. An example of this is provided on the following page.