

**FEELINGS OF THE HEART**

Jeannette Stratman

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### **Coping with Feelings | American Heart Association**

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## Feelings Gauge: How is My Body Feeling? | Heart-Mind Online

We have been asked recently, "What is the difference between emotion and feeling"? This is a good - and important - question, and what.

## Why Do We Feel Intense Emotions In Our Chest? | IFLScience

Below is one of my favorite worksheets for kids that I've made that I call the "Feelings Heart". The objective of this intervention is to allow children to develop.

They say our eyes are the windows into our souls. We can often see the pure heart in animals. This picture says a lot and we will not find such.

Related books: [Growing Your Family Tree: Tracing your roots and discovering who you are](#), [Telecommuting - A guide on how to be a successful telecommuter](#), [La quinta donna: La sesta inchiesta del commissario Wallander: 6 \(Italian Edition\)](#), [El Andaluz - Guitar](#), [American Lighthouses, 3rd: A Comprehensive Guide to Exploring Our National Coastal Treasures \(Lighthouse Series\)](#), [French Anglicisms](#), [The Amazing Number of French Words that Come from English](#), [Das Versteck der Anakonda: Ein Abenteuer im Dschungel \(German Edition\)](#).

You may feel alone, scared or different from the person you were before you learned you had heart disease. Recognize that depression is part of your condition rather than feeling as though it's one more thing wrong with you.

Fill in your details below or click a nic to login: Ask them what keeps them going and share your own encouragement. The heart offers us an increased mental clarity and intuition.

Don't be afraid to talk about your fears with a close friend or family member.

Simple 7 Improving your health is as easy as minding seven simple health factors and behaviors. You can even take an ECG, which would show high irregular curves.