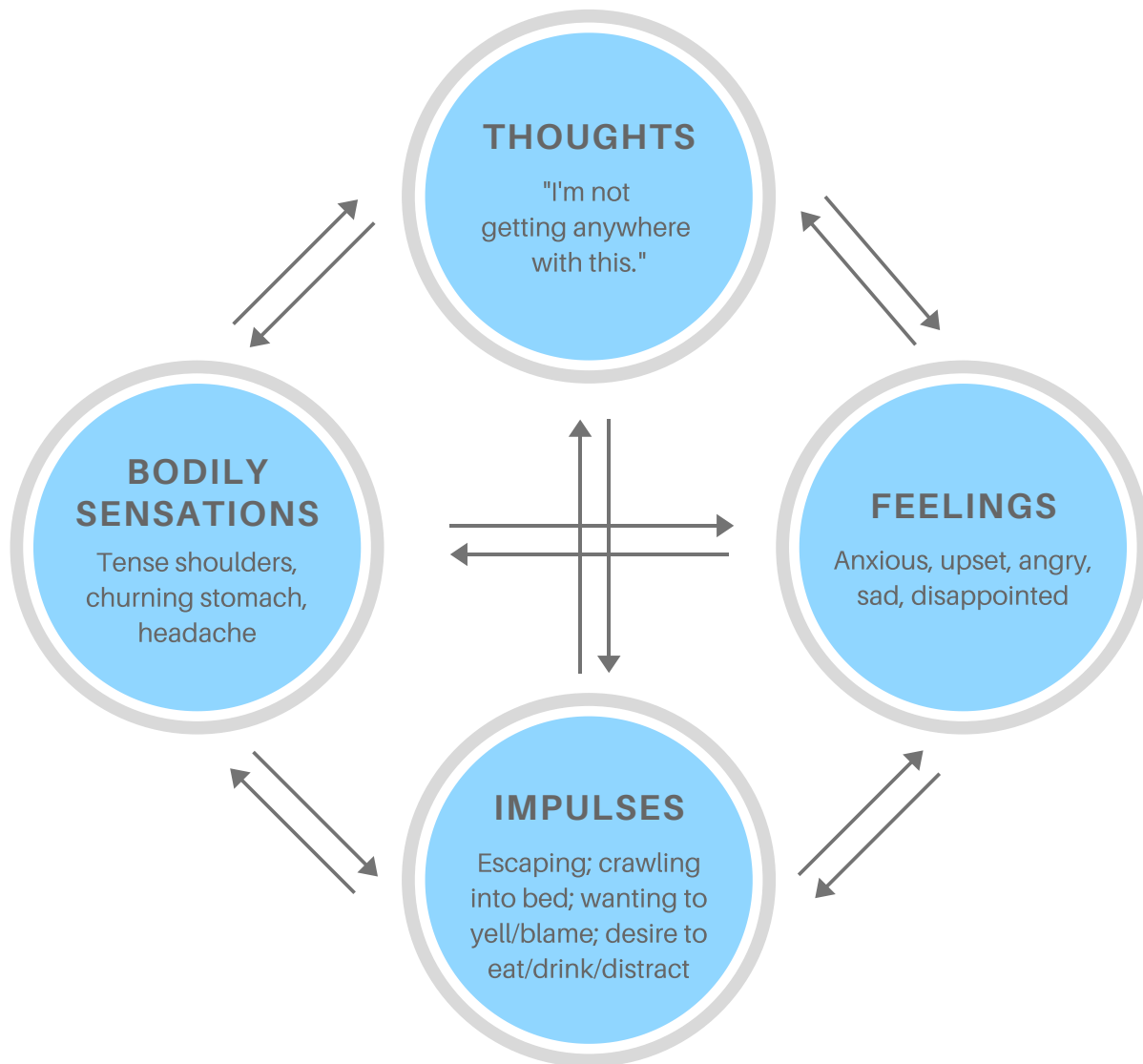


THE ANATOMY OF *emotions*



Emotions are "bundles" of thoughts, feelings, bodily sensations and impulses to act. Next time you're experiencing pleasant or unpleasant emotions, you might check in with what's going on in your mind and body and notice the interplay of the various aspects of this bundle.

Figure reference: Segal, Zindel V. *Mindfulness-Based Cognitive Therapy for Depression, Second Edition*