



MENTAL HEALTH MONTH 2021

Restore
emotional balance

Crying is a self-soothing act and can help to improve mood

Regulates strong, overwhelming emotions - even positive ones!

A study found that people who showed negative responses to positive things (e.g. crying after getting a scholarship) were able to regulate intense emotions more effectively than others. (Aragón et al., 2014)*

Why we should cry

HOW CRYING CAN BE HELPFUL

Catharsis - express those pent up feelings!

Emotional tears contain stress hormones & releases endorphins that help ease painful experiences

The PNS helps us to rest & digest!

Activates parasympathetic nervous system (PNS) to calm you down

Helps us to process our emotions and experiences

Research indicates that individuals who regulate their emotions have better mood and less distress than those who don't. (Compare et al.)*

*Taken from:

- Compare et al. "Emotional Regulation and Depression: A Potential Mediator between Heart and Mind." (2014)

- Song et al. "Anger and Sadness Expressions Situated in Both Positive and Negative Contexts: An Investigation in South Korea and the United States." (2021)