

Emotions in my guts by Jenny Hickenbotham
Performed at City Library Gallery 6th May 2021

Context:

MIND: FOR CENTURIES, the fleeting and highly subjective world of feelings was the purview of philosophers. But during the past 30 years, Antonio R. Damasio has strived to show that feelings are what arise as the brain interprets emotions, which are themselves purely physical signals of the body reacting to external stimuli.

MIND: Will research on emotions help lead to better forms of therapy for psychiatric illnesses?

Damasio: Without question. Emotional disorders form the core of most psychological illnesses—a good example of this is depression. Specific treatments will be developed in the future, such as new types of medicine that target distinct cellular and molecular systems. Other forms of therapy are also sure to benefit, from traditional psychotherapy to social intervention.

Reference: Lenzen, Manuela, 2005, Feeling our emotions, *Scientific American*, 1 April, <https://www.scientificamerican.com/article/feeling-our-emotions/>

Music: *My Favourite Things* by Oscar Hammerstein II and Richard Rodgers.

PLEASE: Sing along
Emotions in My Guts

Emotions in my guts my heart and my breathe
My hearts beating faster, I'm feeling so bilious
Emotions in smiles, in laughter and gesture
Feeling so bubbly and fine oh so fine

Emotions are loud, Whao, Come ONNNN
Feelings are warm hugs & skipping down fun steps
Emotions yell Stop and NO I Won't do That
Feelings are tight in my muscles & hand fists

Phoning my best friend, I'm feeling so loved now
Singing my fav song, I'm loud & melodious
Walking the dogs and smelling the wind
These are a few of my emotional feelings.

When my friend yells
When I'm running late
When I'm feeling sad
I simply remember my emotional life
And then all my feelings make sense.

Emotions impact my body and mind
Emotions are always responding within us
Emotions need attention, like grazing your knee
Emotions are easily my favourite things

Feelings emerge from emotional experience
Feelings are expressed in our bodies & behaviour
Illusive Feelings can hurt us later
Feelings need our recognition too

Feelings are anger, frustration and anxiety
Boredom, excitement, fear and awe
Feelings are horror, empathic pain and joy
Feelings are relief, nostalgia, and amusement.

When I'm craving
When I'm disgusted
When I'm so confused
I simply remember to acknowledge my body
And then I can work out why

When I'm grateful
When I'm awkward
When I'm adoring you
I simply remember to acknowledge my body
And then I can feel so loved.