

# EMOTIONS CHART WITH SENSATIONS

Joyful & Contented	Amazed & Engaged	Anxious & Fearful	Sad & Disconnected	Angry & Irritable	Shame, Guilt & Disgust	Exhausted & Fatigued
Happy	Curious	Anxious	Numb	Angry	Shamed	Exhausted
Content	Energized	Afraid	Disappointed	Annoyed	Embarrassed	Grained
Grateful	Excited	Apprehensive	Disconnected	Frustrated	Sluggish	Fatigued
Hopeful	Confident	Concerned	Lonely	Agitated	Disgusted	Burned-out
Loving	Brave	Tense	Hurt	Impatient	Regretful	Depleted
Affectionate	Determined	Fearful	Hopeless	Inert	Shrill	Worn-out
Appreciative	Fascinated	Overwhelmed	Empty	Resentful	Silly	Burdened
Calm	Interested	Panic	Withdrawn	Outraged	Humiliated	Bored
Inspired	Involved	Scared	Despair	Bitter	Heartless	Heavy
Beloved	Engaged	Terrified	Unhappy	Exasperated	Shamed	Useless
Safe	Powerful	Trodden	Heartbroken	Upset	Reverent	Numb
Thankful	Surprised	Worried	Useless	Moody	Tense	Unmotivated
WHAT BODY SENSATIONS YOU MAY NOTICE:						
Lightness, warmth, relaxation, calm in chest or whole body	Buzzing, energetic, tingling anywhere in body	Agitated, restless, quivery, hot, tense	Agitated, restless, quivery, hot, tense	Hot, numb, choked up, exhausted, heavy, paralyzed, tense	Sickened, nauseated, heavy, tightly clenched in stomach	Heavy, empty, sluggish, sensations

BODY CUES, INTEROCEPTION, IDENTIFY EMOTIONS  
SOMATIC AWARENESS

# Chart Sensation

**Society of Dyers and Colourists,  
Bradford, Eng. (Yorkshire)**



## Chart Sensation:

**Report for the Year ...** National Physical Laboratory (Great Britain),1925 Vol for 1905 include lists of papers published by the laboratory or communicated by members of the staff to scientific societies or to the technical journals **The Journal** Society of Dyers and Colourists, Bradford, Eng. (Yorkshire),1893 *The Garden of Fertility* Katie Singer,2004-04-26 In *The Garden of Fertility* certified fertility educator Katie Singer explains how easy it is to chart your fertility signals to determine when you are fertile and when you are not Her Fertility Awareness method can be used to safely and effectively prevent or help achieve pregnancy as well as monitor gynecological health Singer offers practical information illuminated with insightful personal stories for every woman who wants to learn to live in concert with her body and to take care of her reproductive health naturally *The Garden of Fertility* provides Directions and blank charts for charting your fertility signals Instructions for preventing pregnancy naturally a method virtually as effective as the Pill with none of its side effects Guidelines for timing intercourse to enhance your chances of conceiving without drugs or hormones Information to help you use your charts to gauge your reproductive health to determine whether you re ovulating if you have a thyroid problem low progesterone levels or a propensity for PCOS or miscarriage or if you re pregnant Nutritional and nonmedical strategies for strengthening your gynecological health Clear descriptions of reproductive anatomy hormonal changes throughout the menstrual cycle and how conception occurs *Psychology* Antonio Rosmini,1886 **The Clinical Journal** ,1905

**Supplementary Report and Scheme of Work for the Year 1919-1920** National Physical Laboratory (Great Britain),1924 Vols for 1905 51 include lists of reports and papers published by the laboratory **The Lancet** ,1899 An Atlas of the differential diagnosis of the diseases of the nervous system Henry Hun,1914 A.M.A. Archives of Neurology and Psychiatry ,1920 *On Intelligence* Hippolyte Taine,1872 Administration ,1922 Includes critical reviews **On Intelligence** H. Taine,2023-03-26 Reprint of the original first published in 1872 The publishing house Anatiposi publishes historical books as reprints Due to their age these books may have missing pages or inferior quality Our aim is to preserve these books and make them available to the public so that they do not get lost *Reprint* Bell Telephone Laboratories,1926 Archives of Neurology and Psychiatry ,1922 **Journal of the Society of Dyers and Colourists** Society of Dyers and Colourists,1894 For all interested in the use or manufacture of colours and in calico printing bleaching etc *On Intelligence* Hippolyte Adolphe Taine,1871 **Guidelines for Nurse Practitioners in Gynecologic Settings** Joellen W. Hawkins,Diane M. Roberto-Nichols,J. Lynn Stanley-Haney,2007-10-18 The best guidelines book available It is great for NPs of any specialty as well as CNMs PAs and other health professionals caring for women This book is concise and well organized making it extremely easy to find information quickly It gives direct and clear information about gynecological care for women throughout the age span I have used numerous editions of this book for years and it is my number one recommendation for NP students and experienced NPs looking for the best guidelines book on the market To care for women a practitioner must

understand the diversity and complexity of their lives and how these impact their wellness this book does a remarkable job reflecting this Holly B Fontenot RNC MS WHNP SANE Clinical Instructor William F Connell School of Nursing Boston College Now in its ninth edition the newest revision and update of this standard work is designed to be used as a guide for nursing management of the common gynecological conditions of women for use particularly in community based or ambulatory settings Written by two full time nurse practitioners involved in women s health and a teacher of women s health nursing the book continues to evolve to meet the changing needs of the women s health community Unique to the ninth edition is a new easy to use outline format the latest STD guidelines from CDC an update of Bethesda 2001 Terminology for Papanicolaou Smears expanded and updated coverage of hormones and contraceptives expanded coverage of weight management and obesity and smoking cessation and extensive patient education hand outs contained in an 86 page appendix that includes numerous sample clinical forms and screening tools while eliminating out of date material and incorporating other material into the topical chapters Relying on evidence based practice guidelines the ninth edition includes Contraception infertility and preconception care Breast conditions Assessment for abuse and violence Menstrual disorders and perimenopausal and postmenopausal problems Smoking cessation and weight maintenance Complementary and alternative therapies and more This classic book remains an essential addition to the bookshelf of every women s health practitioner If you would like to review this text for possible course adoption it is now available in an electronic downloadable format Please contact our marketing department at [marketing.springerpub.com](mailto:marketing.springerpub.com) to receive the password needed to open the file Once you have the password you can view the entire book here You must have Adobe Acrobat Reader to read or download the pdf If you do not have Adobe Acrobat you may download it for free here *Reprint B.* Bell Telephone Laboratories,1926 **Reports** ,1906 **Bell Telephone System Technical Publications** Bell Telephone Laboratories,1927

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