

OUR HAPPINESS AND EMOTIONS

If my child is happy I'm happy

I'm content when the children are happy and behaving

I value my past experiences I've got good memories

good company makes me happy, and just getting on with everyone.

I'm happy to have a good man

I think I do well for someone my age

SOME PEOPLE SAY THEY ARE HAPPY
THEY ARE HAPPY TO BE PARENTS
THEY ARE HAPPY TO BE GRANDPARENTS
THEY ARE HAPPY BECAUSE THEY LOVE THEIR PARTNERS

PEOPLE DESCRIBED THE THINGS THAT MAKE THEM HAPPIER - THAT HELP WITH A GOOD EMOTIONAL STATE

- THINGS LIKE: HAVING GOOD FRIENDS ● PEOPLE BEING HONEST WITH YOU ● ENJOYING MUSIC AND DANCING
- SEEING YOUR GRANDCHILDREN ● APPRECIATING YOUR CHILDREN, WEE ONES AND GROWN UPS
 - WHEN YOUR CHILD IS HAPPY YOU ARE HAPPY
 - TAKING THE INITIATIVE
 - ENJOYING PEOPLE'S COMPANY AND BEING GOOD COMPANY YOURSELF
 - SPEAKING TO OTHER PEOPLE

I like to cry now and again when I remember the people I've lost

THOUGH SOMETIMES PEOPLE FEEL THAT THEIR EMOTIONAL STATE

my happiness vary from day to day - it depends on my health and what's going on around me

- SOMEONE PAYING YOU A COMPLIMENT AND APPRECIATING YOU.

IS QUITE MIXED A BIT UP AND DOWN

I feel like I'm waiting for something to happen there's a constant conflict over child care - there's a lack of help. Relying on my family feels constantly undermining.

FOR SOME PEOPLE THEIR EMOTIONAL WELL BEING IS AT A LOW
PEOPLE SAID THAT THIS CAN FEEL LIKE "2 STEPS FORWARD AND 3 STEPS BACK"

How can I produce 2 meals a day before pay day? clothes are just a cover. How you feel shows in your smile

It's a terrible shock to lose your partner, but you just keep going.

- PEOPLE CAN FEEL UNSUPPORTED AND ISOLATED
- FEELING PESSIMISTIC ABOUT LIFE
- WORRYING ABOUT YOUNG PEOPLE IN THE FAMILY COMMITTING CRIMES AND OTHER PEOPLE KNOWING
- NOT FEELING IN CONTROL OF DAY TO DAY THINGS
- NOT FEELING IN CONTROL OF EMOTIONS

my emotions are in control of me

I worry about something happening to the children

● FEELING LONELY - ESPECIALLY AFTER THE DEATH OF A LOVED ONE.
THERE WERE ALSO THINGS THAT CAN IMPACT NEGATIVELY ON PEOPLE'S SENSE OF HAPPINESS AND EMOTIONAL WELL BEING

I'm all over the shop!

life's just Topsy-Turvy

- THESE INCLUDED: ● BEING HARASSED AT SCHOOL, AT WORK OR IN THE COMMUNITY
- WORRYING ABOUT MONEY ● BEING UNHAPPY WITH WEIGHT AND BODY IMAGE
 - NOT HAVING A SOCIAL LIFE OUTSIDE OF FAMILY RESPONSIBILITIES
 - BEING PHYSICALLY UNWELL, A LOT OF PEOPLE TALKED ABOUT CHRONIC PAIN

It's hard to be positive about life

- THE STRESS THAT CAN AFFECT A RELATIONSHIP, WHEN YOU DON'T FEEL YOU ARE COPING WITH MANAGING CHILDREN'S BEHAVIOUR.
- WORRYING ABOUT CARING FOR PEOPLE IN THE FAMILY WHO ARE UNWELL.

SEVERAL PEOPLE TALKED ABOUT HOW THEY FEEL ABOUT LIVING WITH A FAMILY MEMBER WITH A DISABILITY AND HOW SUPPORTING THAT PERSON CAN BE DIFFICULT. PEOPLE SAID THAT:

- IT FEELS LIKE THERE IS A LACK OF SUPPORT ● THERE'S NO ONE TO TALK TO
- OTHER PEOPLES ATTITUDES ARE A PROBLEM - THEY JUDGE YOU.
- IT'S A WORRY TO THINK ABOUT WHO WOULD HELP AND CARE IF THEY GOT ILL
- SOMETIMES YOU JUST WANT TO SAY "WHAT ABOUT ME?"