



The Nobel prize awaits anyone who can crack the emotion code

The Love Scout

What the f*ction is going on with my emotions?

Decoding emotions to make your life easier

Emotions...challenging little beasts that rise up in us and dictate much of our experience. Some we never want to end, others we can't get through fast enough. One thing is for sure; emotions create universality amongst humans that allow us to deeply relate to each other. I may not know your story, but if you are in pain, I can connect to you through that feeling. Within their healthy expression, emotions are a vital part of our toolkit for survival. But what are they exactly? Well, if words are language of the mind, then emotions are language of the body.

Ever been to a non-English speaking country and everyone is yapping on around you? If you don't know the language it is bloody hard to know what to say or do next. Same goes for emotions. When framed through the lens of a function, each emotion has a message it's trying to send to your brain. It's up to you to listen. Knowing the functions will help you navigate

challenges and adversity, stay aligned to your values and help you make better overall decisions.

So, what is the function of each emotion?

Anger - To signify injustice or unfairness

Pain - To remind us of our need to protect and preserve

Loneliness - To remind us of our need for connection & belonging

Fear - To remind us of real, perceived or potential danger

Guilt - To reorient us back to our values

Shame - To reorient us back to collective values

Love - To remind us of need for connection & safety

Joy - To remind us what's important & brings us happiness

The first step to developing this language is self-awareness. You need to understand when these emotions are happening in you. Slow it down. Pause.

Take a breath. Ask yourself, "What am I feeling right now and where am I feeling it?" Then consider the function of the emotion. What is your body trying to tell you? Now apply the function to whatever is going on in your life. Especially with the challenging emotions, this will help clarify your experience and clue you in on how to move forward.

If you have some shame or guilt, do you need to make amends or accept and move on? If you're angry, do you need to have a hard conversation and express a wrongdoing or unjust action? If you are lonely, who can you reach out to? The function directs us to the next action. The thing to remember at this stage is that the next action must be delivered in a functional way. This will require boundaries and containment.

When emotions are uncontained and communicated, that's when you risk shit hitting the fan; people say things they don't mean, and hearts get hurt. On the other hand, uncommunicated emotion over time can lead to depression, addiction, resentment, physical illness and mental health struggles. While we are naturally pain avoidant and pleasure-seeking creatures, those uncomfortable emotions are actually trying to help us and it is definitely worth your while to study up. So next time you catch yourself attempting to suppress, avoid, minimize, distract, or deflect, perhaps be curious and listen. What is my body trying to tell me about the situation I'm in?

Words: **Scout Smith-O'Leary**
Scout is a Relationship Therapist & Educator working with singles and couples based in Manly. Visit thelovescout.com or call **0410 030 463** to book a session.



Lookout, here's a top shelf view, and a very nice beacon

Secret Spaces Hidden Places

A micro adventure for a sky high view

If you've ever driven down Warringah Road, and noticed the brown sign pointing to 'Governor Philip Lookout,' this could be the mini detour you've never taken but should.

It's a micro adventure for sure - as the route to the lookout is no more than a ten minute walk from the carpark. But on a sunny, windless day, it's also a gateway to a perfect picnic spot at 155 metres above sea level.

The four-hectare reserve overlooks the coastline of Manly, towards the eastern beaches and city, plus neighbouring leafy suburbs. While the reserve boasts a 360-degree radius, growing trees block some of the outlooks,

but it still gives a sense of the sprawling nature of the northern beaches suburbs and beyond.

The lookout is named after Governor Arthur Phillip, whose gold bust greets you in the stone archway at the start of the path. Some of the 17th century bricks seen here were even transplanted from his birthplace in Hampshire, England and presented here in 1991.

Phillip is credited with the first overland exploration from Manly to Pittwater in April 1788. According to the Northern Beaches Council, Phillip led a group westward to try to find the source of water supplying Middle Harbour, but

how close the group actually came to Beacon Hill is still up for debate. Much of the route he took can be seen from the top of the lookout today.

Once you enter the stone archway, you'll find yourself on a gentle pathway and stairs, surrounded by tangled trees and the sound of birds. The path leads to an open grassy mound on sandstone heath at the top, scattered with a few benches for a place to rest.

The open area is your picnic spot for the afternoon. Or if you time it right - your sunrise or sunset viewing post, with vantage points both east and west.

Did you know...

There is a trigonometrical beacon (also known as a fixed surveying station) still standing at the top of the lookout that was first installed in 1881. This spot gave 'Beacon Hill' its name and is still used to aid with navigation and surveying. Today, many locals use the spot to survey the New Years Eve fireworks!

How to get there

Heading east on Warringah Road, you'll see a brown sign post for 'Governor Phillips Lookout,' just past Beacon Hill Reserve. The lookout has a small car park at the base of the walk that can accommodate up to six cars. Or if you're travelling by bus, hop on route 174X, which travels north from Wynyard station, with a stop at the base of the path.

Have a great spot you think should be featured?
Email us at mail@thetawnyfrogmouth.com.au

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