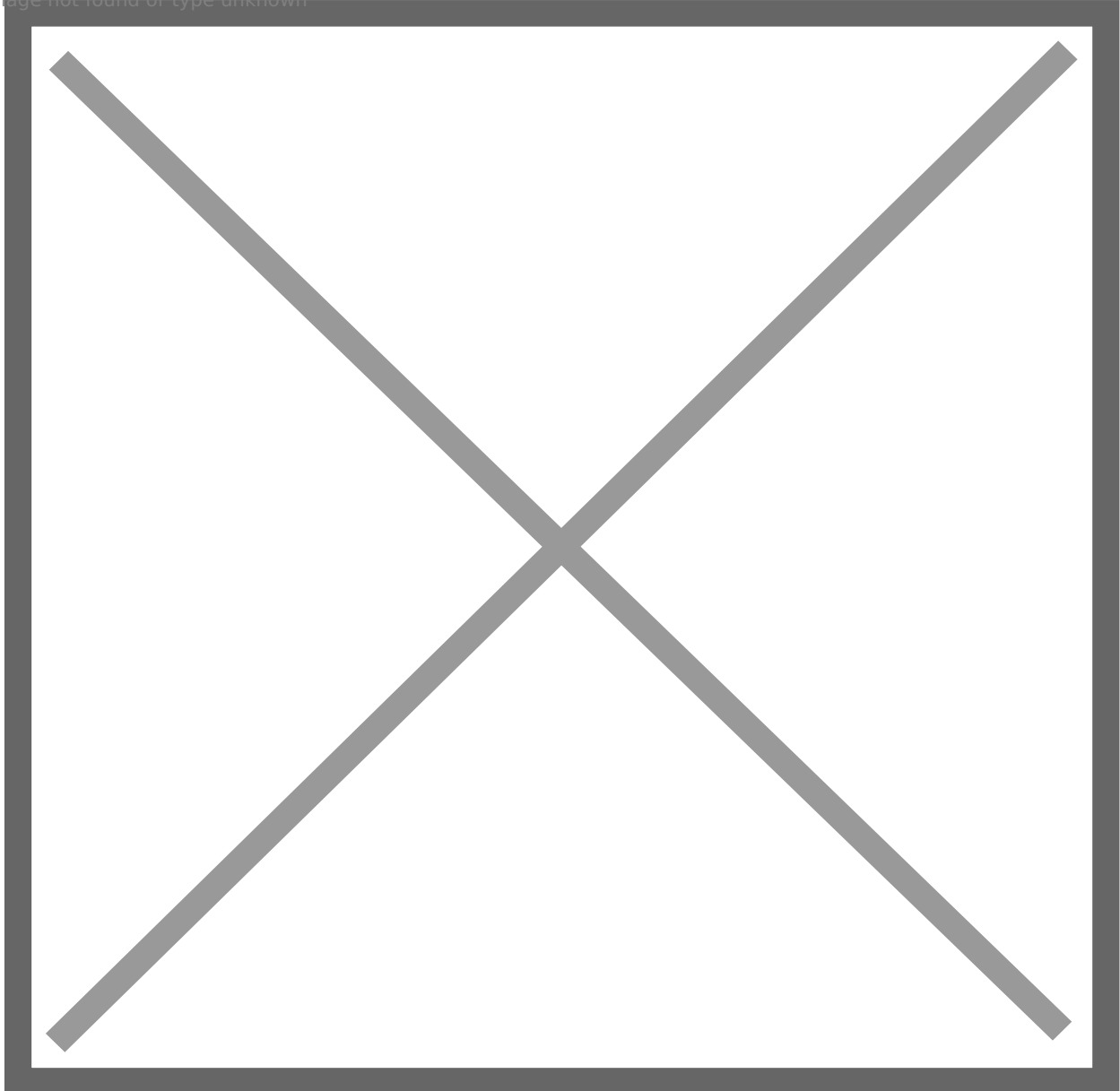


Article on interoception

Post by "Don" of October 10, 2021 at 12:41 PM

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[Interoception: the hidden sense that shapes wellbeing](#)

There's growing evidence that signals sent from our internal organs to the brain play a major role in regulating emotions and fending off anxiety and depression

www.theguardian.com

So, this is a "listen to your feelings" concept I can get behind. This is the work of Dr. Lisa Feldman Barrett too:

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['I'm extremely controversial': the psychologist rethinking human emotion](#)

How we interpret our feelings depends on where and how we're brought up, says professor Lisa Feldman Barrett - and not understanding this is making our lives...

www.theguardian.com