

1. Knowing Your Emotions

Emotions are part of human nature. Sometimes, we experience them without knowing why. We shouldn't brush those feelings aside. There are reasons for them that we need to understand.

For example, when someone embarrasses you, you just laugh it off. However, deep down, you feel angry and hurt. You may not know it at that moment, but you may be able to name it later.

Knowing your emotions is important. It helps you know yourself better. It also helps you solve problems and build better relationships.

Being in touch with your emotions is no joke. It's the first step toward good emotional health. When you sense a strong emotion, name it. It will calm you down.

Then, do something to help you move on. When you're unhappy, go for a walk or run instead of complaining. When you're down, watch something funny.

Last, put your emotions into words. You can write them in a diary. You can also share them with people you trust. The more you know your emotions, the stronger and happier you'll be.

2. Can Animals Predict the Weather?

Animals use their senses to help them survive different kinds of weather. Some birds and butterflies fly south for the winter. They can see the decrease in daylight and feel the temperature drop.

Some animals can even detect when danger and bad weather are in the air. When it comes to rain, cows and sheep have a sure sign.

Before it rains, the air becomes humid. Cows and sheep can feel that. So, cows lie down in the field and sheep gather in a close group.

When the weather is stormy, the air pressure changes. That's painful to birds and wolves. As a result, birds fly low and wolves cry out before a storm comes.

Storms over water, such as typhoons, change water pressure. Sharks are sensitive to that change. So, they dive deeper to avoid the storms.

People have looked to animals to tell them the weather for ages. However, the animals' actions might not be because of weather changes. Even so, it doesn't hurt to watch and learn from animals.

1. 認識自己的情緒

情緒屬於人類的本能反應，有時候，我們不知道情緒為何而來，但我們不應該忽視那些感受，因為情緒背後的原因正是我們需要去理解的。

舉例來說，當有人讓你難堪時，你可能會一笑置之，然而你的內心深處卻感到憤怒和受傷，當下你可能沒察覺到，但事後你或許就能夠說明這是什麼情緒。

認識自己的情緒非常重要，這有助於你更了解自己，同時也幫助你解決問題和建立更好的人際關係。

覺察自己的情緒是很重要的，這是擁有良好心靈健康的第一步。當你感受到強烈的情緒時，說出那是什麼情緒，這麼做會讓你冷靜下來。

然後，做點事情來幫助你向前邁進。當你不開心時，不要抱怨，去散步或跑步；當你情緒低落時，看一些有趣的東西。

最後，將你的情緒訴諸文字，你可以寫在日記裡，也可以與信任的人分享。愈認識自己的情緒，你就會愈強大和快樂。

2. 動物能預測天氣嗎？

動物運用感知來幫助他們在不同的氣候下生存。有些鳥和蝴蝶會南飛過冬，他們能留意到日照時間的減少，也能感知到氣溫的下降。

有些動物甚至能察覺危險氛圍和惡劣天氣的徵兆，以下雨為例，牛和羊的行為就是可靠的指標。

在下雨前，空氣會變得潮濕，而牛和羊能感知到這種變化，因此牛會在田野裡躺下來，而羊則會成群緊靠。

暴風雨來臨時，氣壓會改變，這使得鳥和狼感到不適，因此在暴風雨來臨前，鳥會在低空飛行，而狼則會嚎叫。

像颱風這樣的海上風暴會改變海水壓力，鯊魚對這種變化特別敏感，因此他們會潛入更深的水域以躲避風暴。

人們長久以來都仰賴動物來預測天氣，然而，動物的行為不一定是因應天氣變化而產生。即便如此，觀察動物的反應再從中學習也並無壞處。