

It is normal to talk about our emotions

BY BEATRICE NAKIBUUKA

Our feelings and emotions are an important part of our health, just like our bodies. Every day, you may feel happy when playing with friends, excited when you pass a test, or proud when a teacher praises you.

Sometimes your heart may feel heavy. You may feel sad because someone laughed at you, because you miss your parents, or because things are hard at home.

You may feel scared when someone shouts at you, when you are bullied, or when you do not understand what is happening around you.

You may feel angry when you are treated unfairly or when someone takes your things. Keeping these feelings inside can make you feel lonely, tired or sick.

All these feelings are normal. You are not weak for feeling them you are human. What matters is learning how to talk about our feelings in a safe and healthy way.

You are not alone

You are not alone, even when it feels that way, according to Lois Nabukalu, a child counsellor. There are people who care about you and want to listen. You can talk to your parent, teacher, auntie, uncle, grandparent, or school counsellor. At school, your class teacher or senior teacher is there to help you. Talking may feel hard at first, but once you start, your heart will feel lighter.

It is okay to speak up

Sometimes words are not easy. You can draw pictures, sing, pray, write, play or talk to a friend you trust. Playing games, laughing, and helping at home can also help your heart feel better. These are healthy ways of letting your feelings out.

"If someone hurts you, bullies you, threatens you, or touches you in a way that makes you uncomfortable, speak up immediately. This is very important. Do not keep quiet because of fear or shame. What happens to you is not your fault. Telling a trusted adult helps protect you and keeps you safe," says Nabukalu.

You deserve to be loved, listened to and respected. When you talk about your feelings, you learn how to handle life better. Remember, a strong child is not one who keeps quiet but one who knows when and how to ask for help.

She says, "Talking about feelings helps the heart feel lighter. When you share how you feel, you are better understood and helped. Children are encouraged to talk to trusted adults such as parents, teachers, aunties, uncles, grandparents, or school counsellors. At school, a class teacher or senior teacher can listen and help find solutions."

Never be afraid to talk about how you feel. Your voice matters. Your feelings matter.