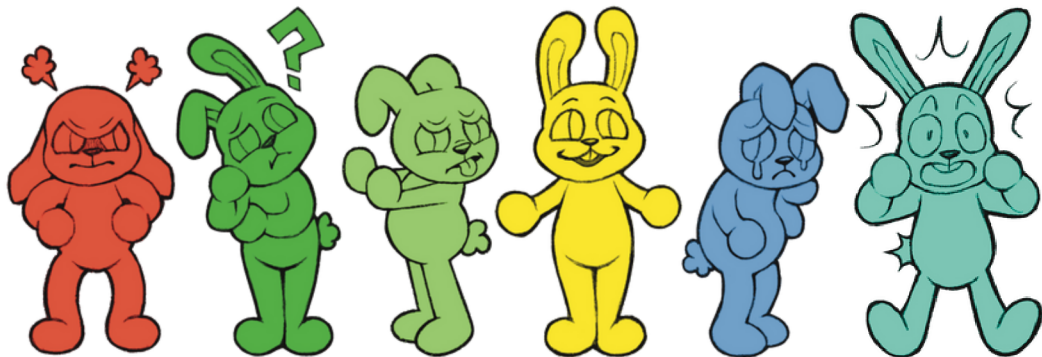


“How are you feeling *right now*?”

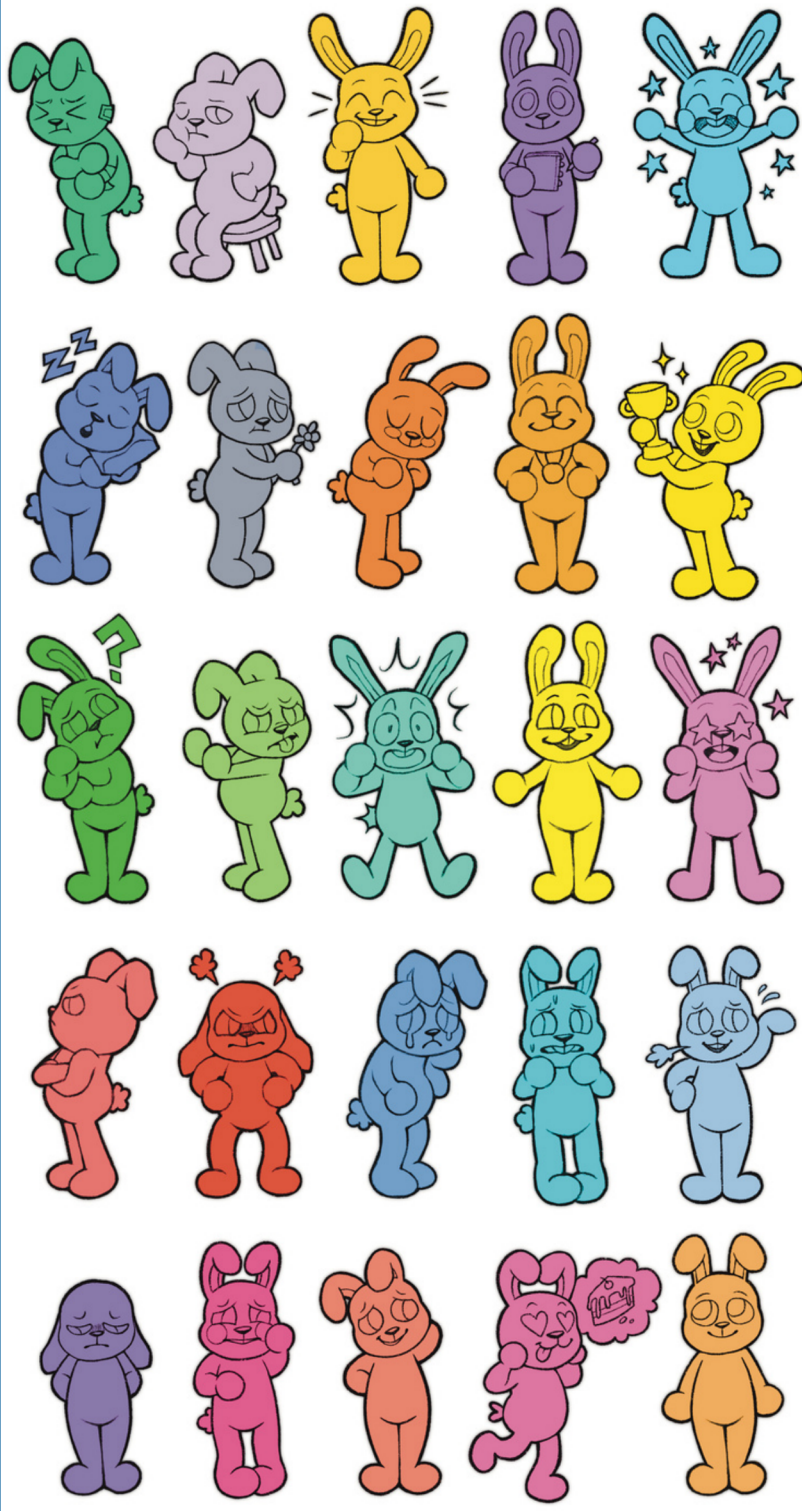


**Cartoons for emotional self-assessment for
people with chronic respiratory diseases**

People with chronic respiratory diseases experience a range of emotions which are often not recognised by the individuals, their families or healthcare professionals. IPCRG has produced a set of cartoons depicting the core emotions experienced across different cultures & countries.

These cartoons can be used by primary care to ask people with chronic respiratory diseases **“how are you feeling right now?”**, giving them the opportunity to identify and act on their emotions, creating more space for positive emotions and seeking help to shift the negative ones.

When you are with someone with chronic respiratory disease, ask them which cartoon best reflects how they feel now. Start a conversation about whether this is an emotion they want and what made them feel this way. If it is an emotion they don't want, consider what has caused it and what might help shift it, and offer your support.



We asked Masters students of cartooning at Teesside University (UK) to depict a range of emotions identified by academic psychologists as the main emotions we all experience across different cultures and countries. The designs were evaluated by experts in our network for readability, consistency and layout, ease of distinction, global health applicability and adherence to specific details such as facial muscles as identified in the research.

These cartoons are not specific to chronic respiratory diseases and are intended as a resource for primary care to encourage emotional self-assessment for many conditions.

Emotions in left-right reading order: pain, boredom, amusement, interest, ecstasy, tiredness, sympathy, gratitude, pride, triumph, confusion, disgust, surprise, happiness, awe, contempt, anger, sadness, fear, relief, shame, embarrassment, coyness, desire and contentment.

Illustrations by Alex Crawford
(@ssewer_rat).

Thanks to Julian Lawrence,
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[ipcr.org/
emotions](https://ipcr.org/emotions)



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