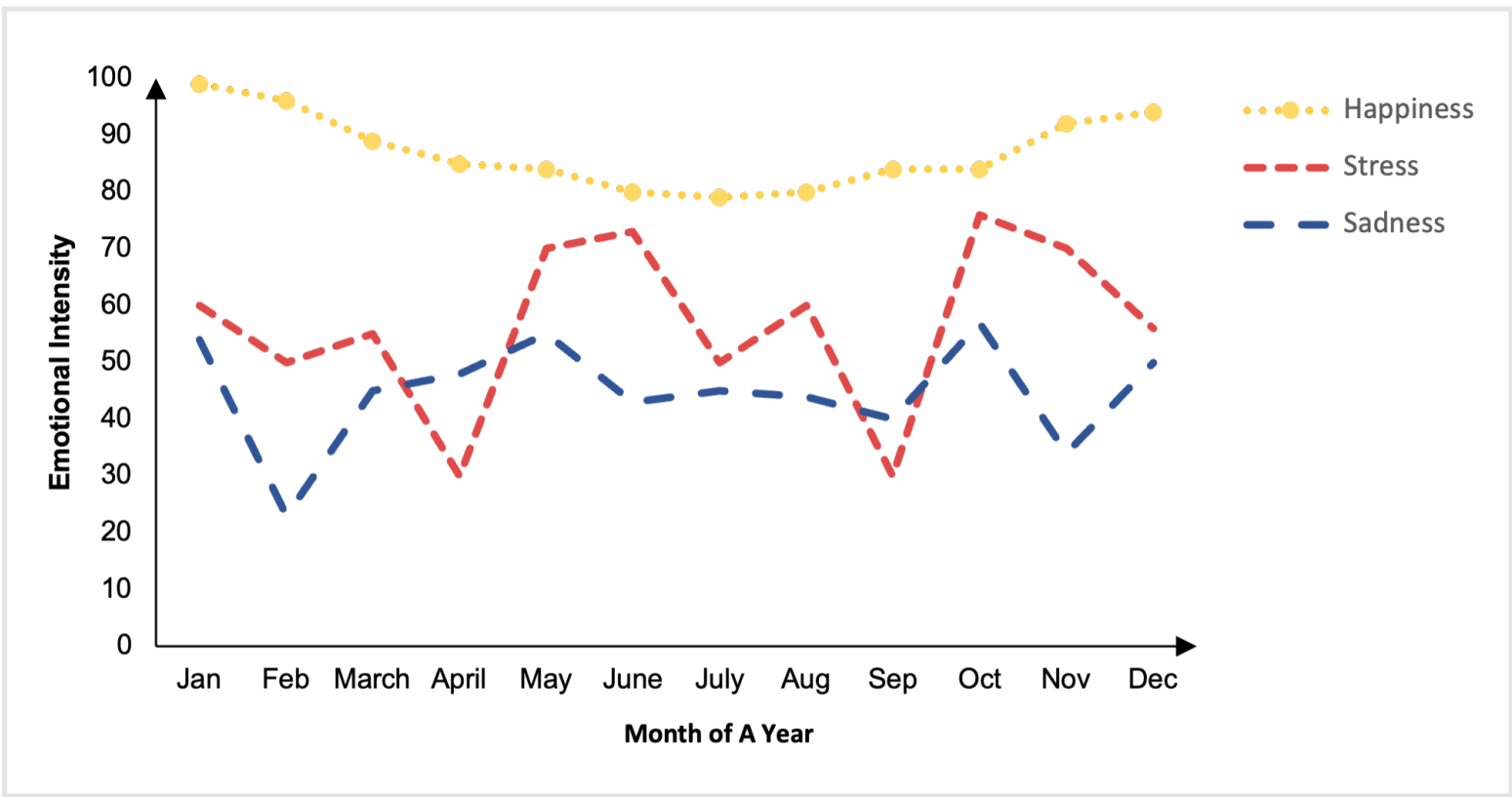# UNDERSTANDING EMOTIONS

Emotions are a big part of our daily lives, affecting how we think and act. This data story looks at our feelings using different charts and graphs. We'll explore common emotions, how emotions change throughout the year, differ by group, and are influenced by social interactions.

Distribution of Top 5 Common Emotions

Sad 24%
Fear 20%
Happy 31%
Angry 16%
Surprise 11%
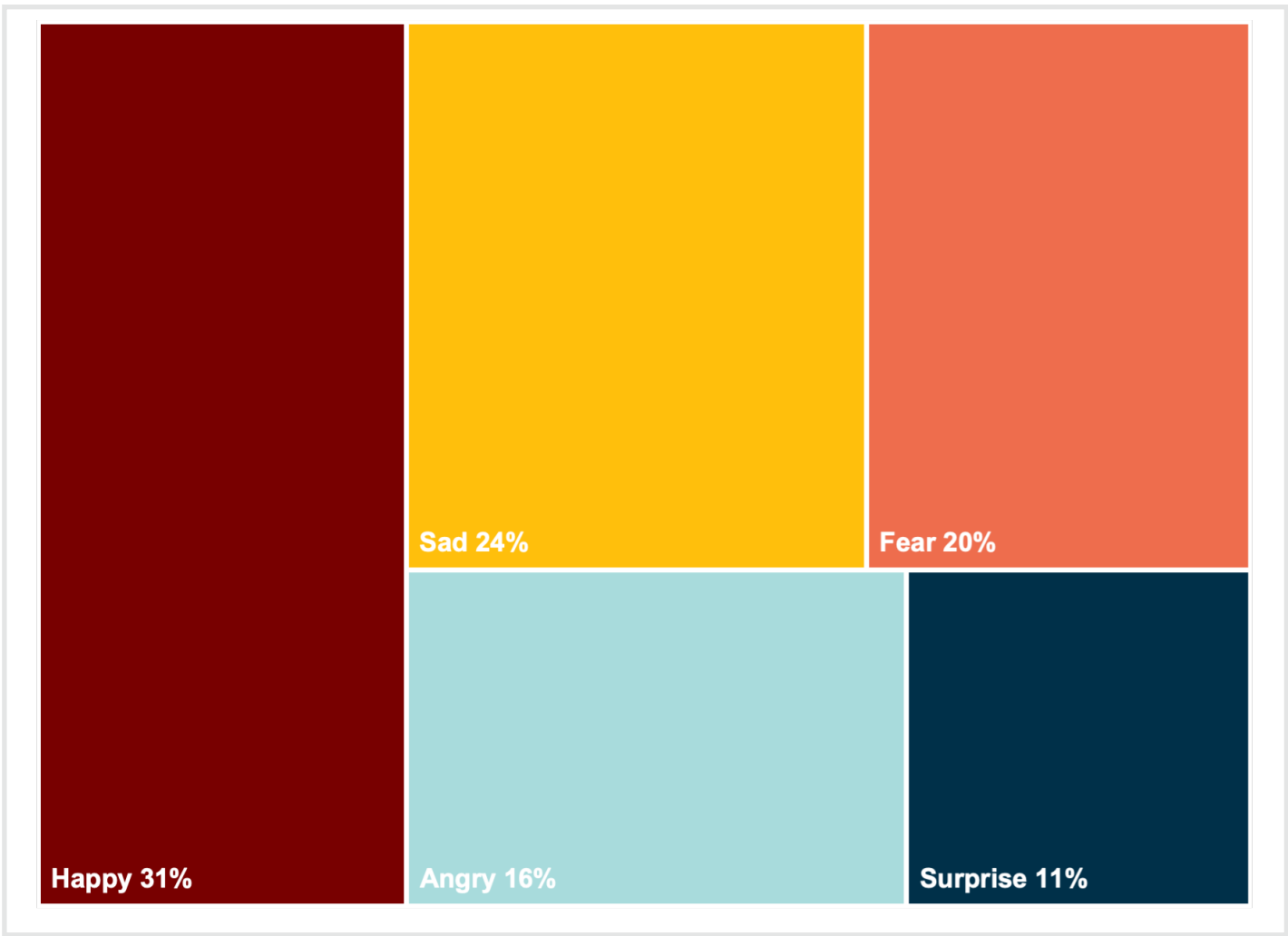
Among the top 5 most common emotions, happy is the most frequent, while surprise is the least.
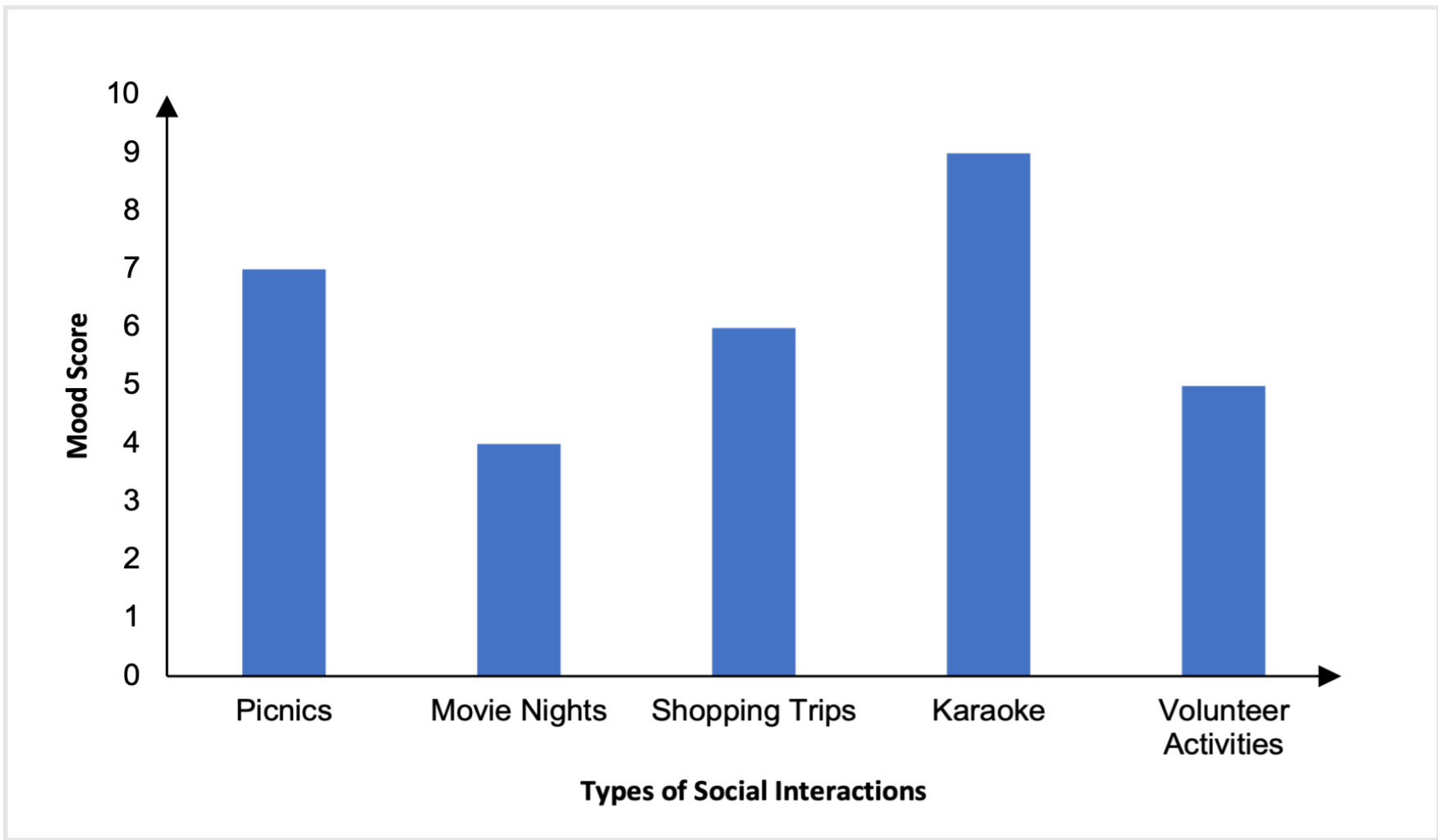
Emotional Changes throughout the Year

Happiness stays high all year compared to other emotions. Stress goes up and down a lot, with clear high points at different times.
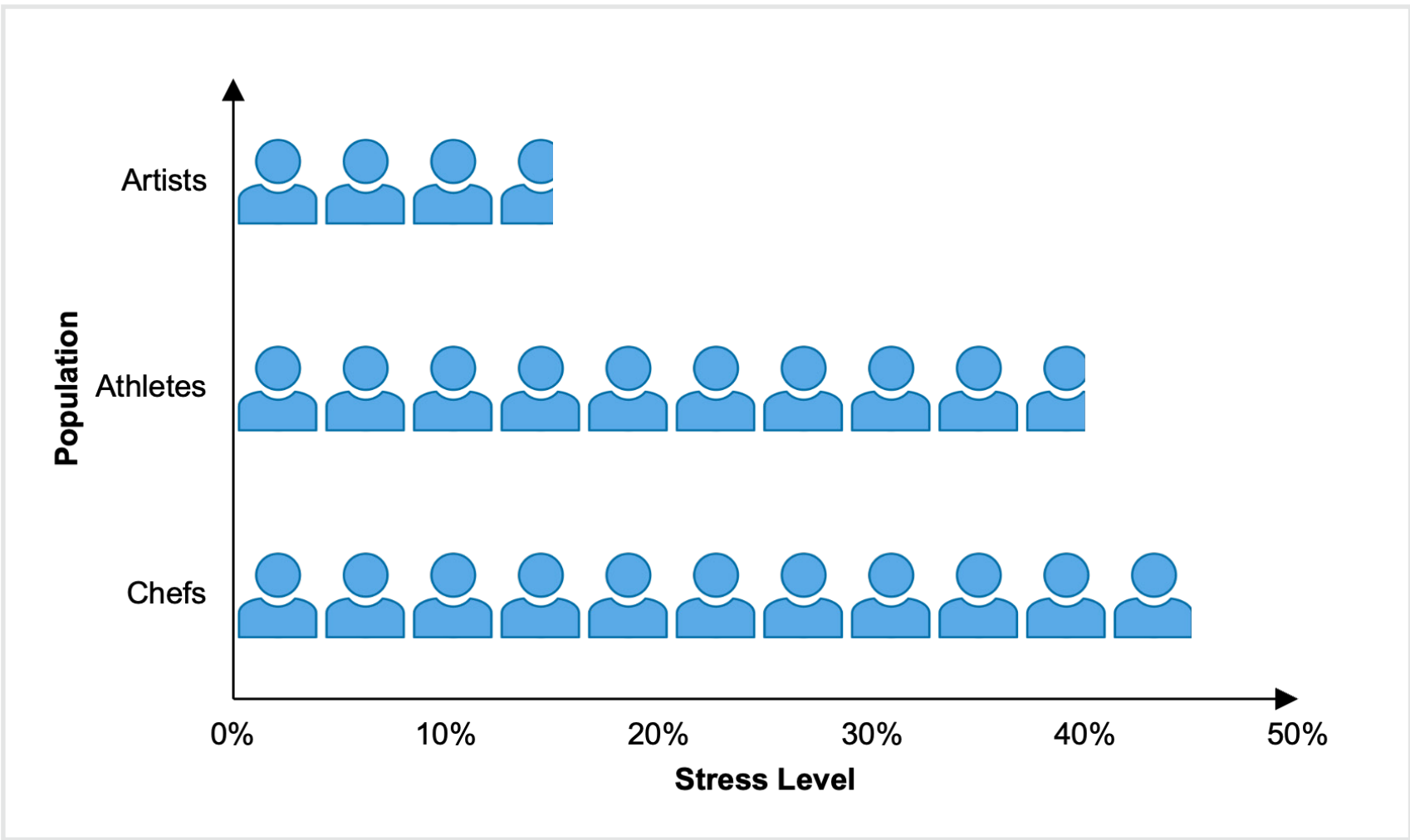
Happy Moments in Life

Spending time with family and friends makes us feel good. Karaoke is the most fun, followed by having picnics and shopping trips.

Stress Level among Different Groups

People with different professions and lifestyles experience varying levels of stress. About 45% of chefs feel stressed, 40% of athletes, and 15% of artists.