

## That's so meta



Feeling moody about feeling moody? Meta-emotions. They're a thing.

Meta-emotions are “an organized and structured set of emotions and cognitions about primary emotions, both one’s own emotions and the emotions of others.” Essentially, they’re the feelings you have around your or others’ feelings.

Being tuned in with meta-emotions can help you regulate your emotions, because processing them includes a degree of mindfulness. You’ll be able to recognize why you’re feeling angry about being angry or why you’re feeling guilty about feeling sad, and when these emotional responses aren’t helpful. By examining your own meta-emotions, you may also be able to help others process their feelings in a healthier way.

Looking for more ways to support your mental health? Therapy can help. Read [“Talking the talk”](#) for tips on finding a therapist who is right for you.