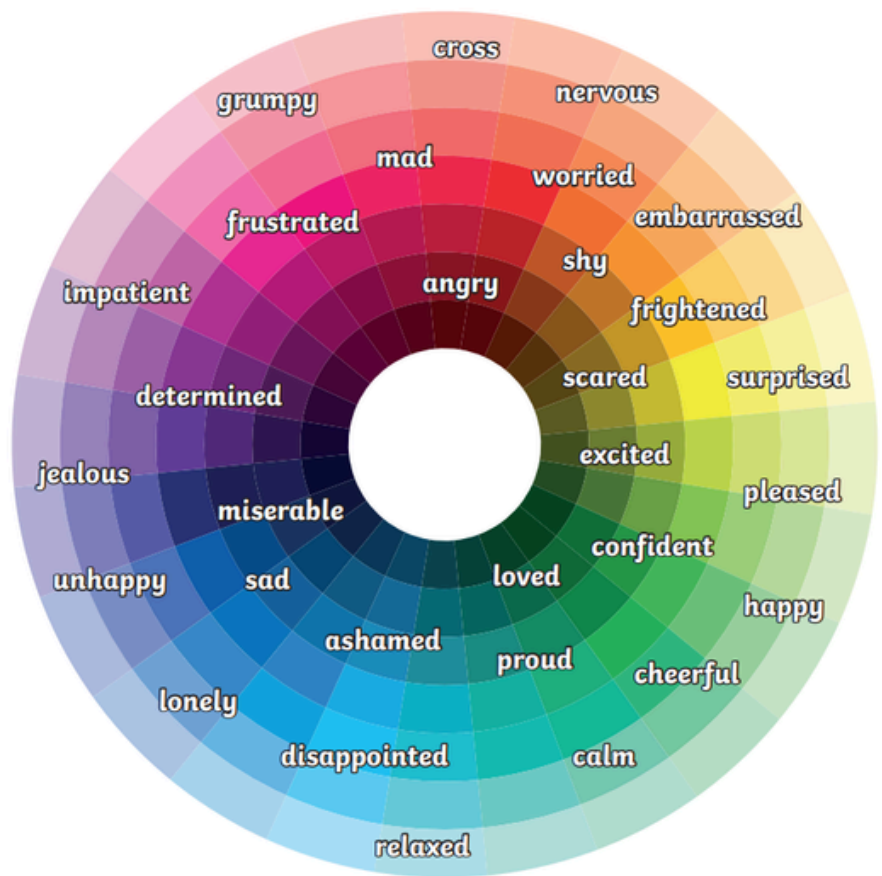


Emotions are complex - we often feel many different things in a day, or even in a moment.

We can also have conflicting emotions, feeling different things at the same time and that is ok

Wheel of Emotions



## ASK YOURSELF...

How am I feeling right now?

What am I thinking right now?

How stressed do I feel?

What makes me feel good?

What helps me manage my stress?

Who can I talk to?

What do I need right now?