

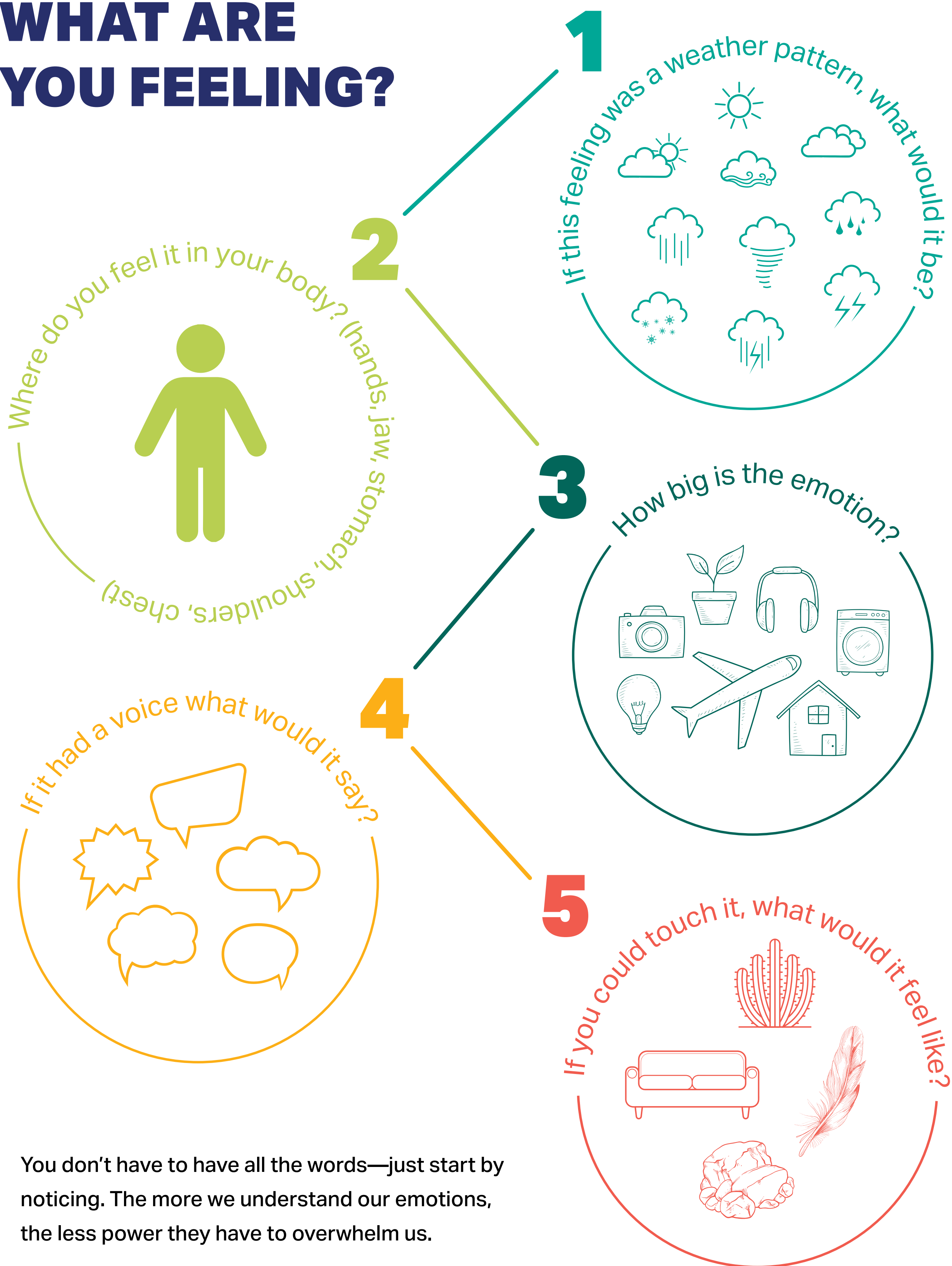
# IDENTIFYING **YOUR EMOTIONS**

CHECK OUT THIS MENTAL HEALTH RESOURCE WE MADE FOR YOU! →





# WHAT ARE YOU FEELING?



You don't have to have all the words—just start by noticing. The more we understand our emotions, the less power they have to overwhelm us.