

EMOTIONS AREN'T "GOOD" OR "BAD"

They are signals to us...

Our body bringing our attention to something - maybe letting you know that something is 'out of balance'



Ask yourself:

"What is this feeling trying to tell me?"

Example:

STRESS - I need to slow down. I need self-care

SAD - "It's okay. I need love and to look for you and gratitude.

ANXIOUS - "I need calm & grounding. I can remind myself I am safe and can manage this".