

# TURN YOUR EMOTIONS INSIDE OUT!

Emotions, or feelings, affect everyone and are a normal part of life. Sometimes, an emotion or feeling can cause us to experience physical changes or sensations. Learn how to recognize what you are feeling so that you can better control your emotions.



**Do you feel like crying?**

You could be disgusted, sad or overjoyed.

**Do you have a headache?**

You could be tired, hungry, angry or stressed.

**Do you have trouble concentrating?**

You could be sad, stressed or excited.

**Do you have trouble sleeping?**

You could be anxious, scared or excited.

**Do you have a tummy ache?**

You could be anxious, afraid or excited.

**Do you have trouble sitting still?**

You could be tired, joyful or anxious.

Remember, everyone experiences emotions and processes their feelings differently.

Pay attention to your body in order to take control of your emotions.

Physical symptoms are often messages to help you identify what you are feeling.

Tap into these messages and turn them inside out to discover more about your emotions!



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