

PROCESSING EMOTIONS

Emotions can be tricky to navigate and sometimes, it can be hard to put a finger on exactly what you're feeling, or why you're feeling that way. **It's important to understand that no emotion is good or bad.** We experience a lot of emotions in our day-to-day lives with varying intensities. But, they all have their own uses.

Your emotions are like a wild animal living inside of you. If you don't take care of them, they can become a little ferocious and difficult to control. But if you learn to tame and understand them, they can become your companions, helping you navigate the ups and downs of life.

And that's why processing emotions is so important! Just like cleaning out a cluttered closet or weeding a garden, taking the time to identify and process your emotions can help us clear out the junk and make room for growth. It's like opening the curtains to let in the sunshine and taking a deep breath of fresh air.

So, let's go on a safari of our own emotions!

Unleash your inner spirit animal and have some fun exploring the wild world of emotions!



Take a look and choose the animal that you feel most drawn to or feel like, and write it down.

Once you've got your animal, it's time to get in touch with your feelings!

Imagine that you have embodied your chosen animal.

What emotions or feelings come to mind when you think about that animal? For example, if you chose a lion, do you feel strong and powerful? or if you picked a bunny, are you feeling a little sensitive?

If this animal could talk, what would it try to tell you about your feelings?

Vent it out :) Treat this space as your non-judgemental space and don't feel afraid to pour your heart out!

If you or someone you know is looking to seek professional help, reach out to us at **The Mood Space**, <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

