

Feeling different emotions



It's perfectly ok to feel mixed emotions:

Angry
Anxious
Shocked
Scared
Distracted

Loved
Embarrassment
Stressed
Helpless
Lonely

Some of the things you can do:

- Ask for help when you need it.
- Take some deep breaths.
- Scribble it out and draw it down.
- Do exercise and sports.
- Be creative - make something.