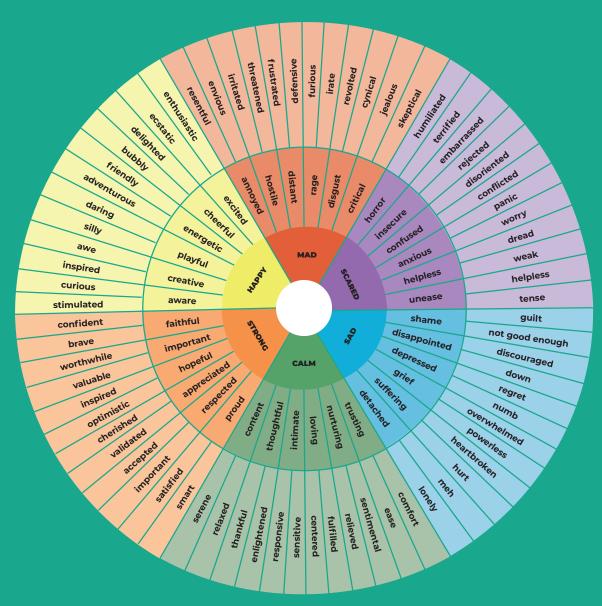
be well

Feelings Finder

How do you really feel?

Feelings are complicated. Adding words to describe what you're feeling can help identify more specific emotions. Sometimes we can feel more than one thing at a time, and that's okay! We can feel hopeful and feel like things are falling apart. Use however many emotions you need to identify what you're feeling with as little judgment as possible.





Brain Health Besties 📦 🕡 💿









Listen to our podcast for more brain health tips. Scan the QR code to learn more.