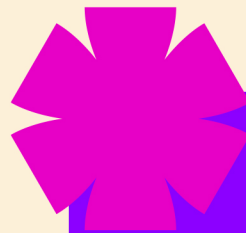


LET'S TALK ABOUT HOW YOU REALLY FEEL

Sometimes we say we're “fine” or “just tired” when there’s a whole mix of feelings under the surface.

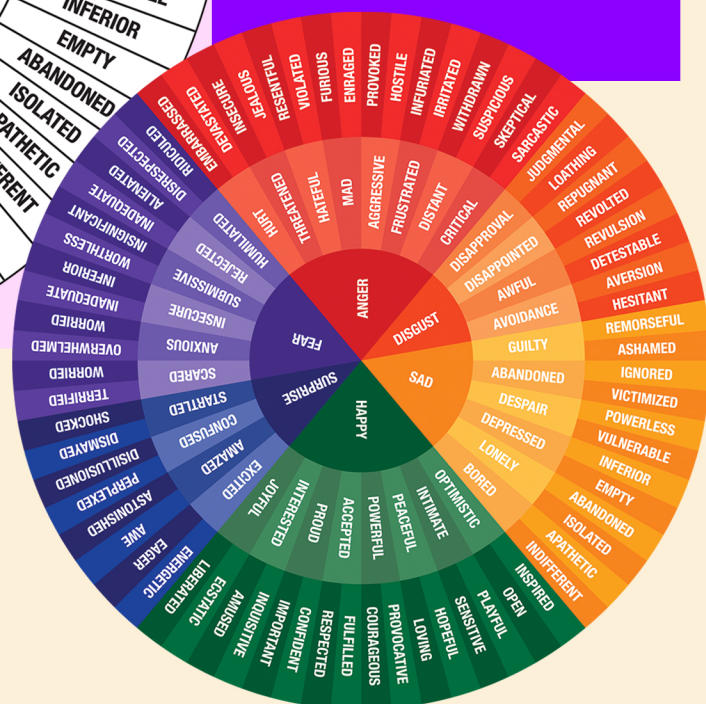
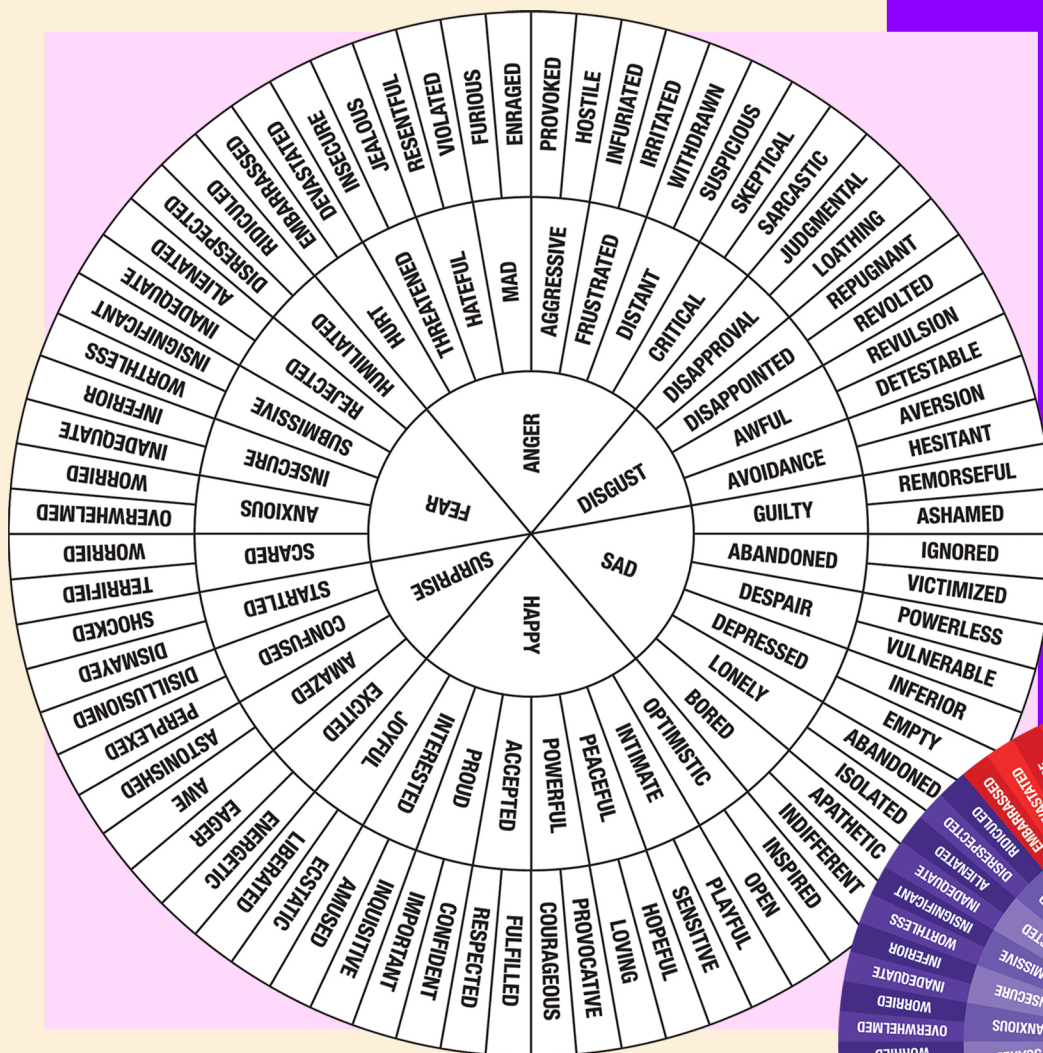
This Feelings Wheel helps you go deeper, name your emotions, and better understand what your mind and body are trying to tell you.



Use it throughout tonight’s event—or anytime you need a moment of clarity.

Because owning your emotions?

That’s part of owning your health.



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*Created by Dr. Gloria Willcox