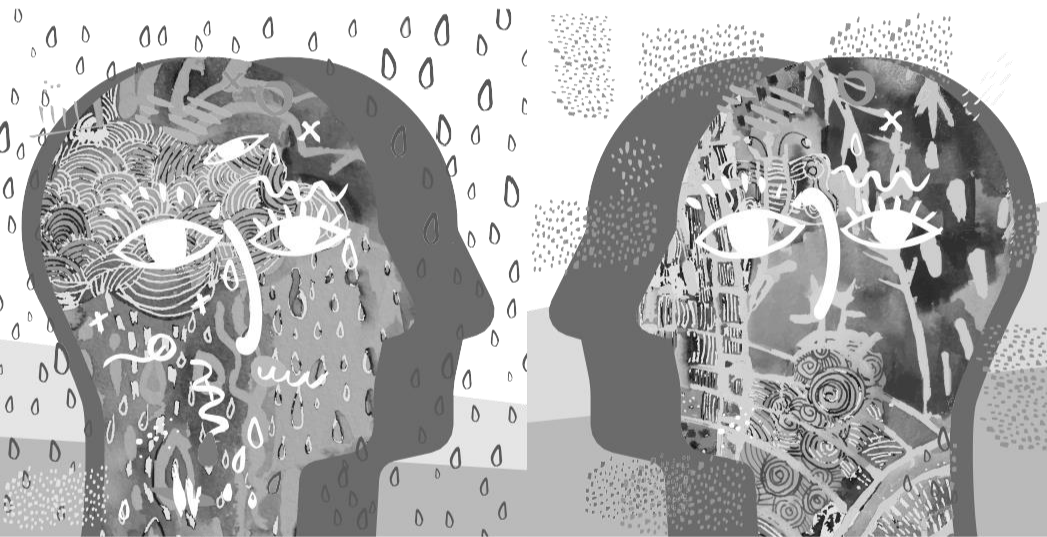


# How Are You?

## Identify, Accept, and Express Your Emotions

*Directions: Complete the Emotions Journal. You will have the chance to share your work during synchronous instruction.*



*Anything that is mentionable, is manageable.*  
– Fred Rogers

## Identify Your Emotions

Pause. Take a breath.  
What emotions are you feeling?

How do these emotions feel in your body?

# Accept Your Emotions

All emotions are okay.  
Write about the strategy you use to help you  
accept the emotions you're feeling.

*When you numb one emotion you numb them all.*  
– Brené Brown

# Express Your Emotions

Write about how you can help yourself feel better.  
What are your emotions telling you?

What changes can you make,  
or self-care actions can you take?