

POWERED BY EMOTION

Understanding How You Feel

MAP YOUR EMOTIONS.

Pay attention to where you feel emotions in your body.

TRY JOURNAL PROMPTS.

Writing it down can help you process your thoughts and feelings.

RECOGNIZE REPRESSED EMOTIONS.

Watch for signs that you need to look deeper into your emotional well-being.

BEAT THE BIAS.

Manage the brain's negative tendencies with mindfulness and positive self-talk.

COMPARTMENTALIZE EFFECTIVELY.

Learn when to set strong emotions aside and when to revisit them.

