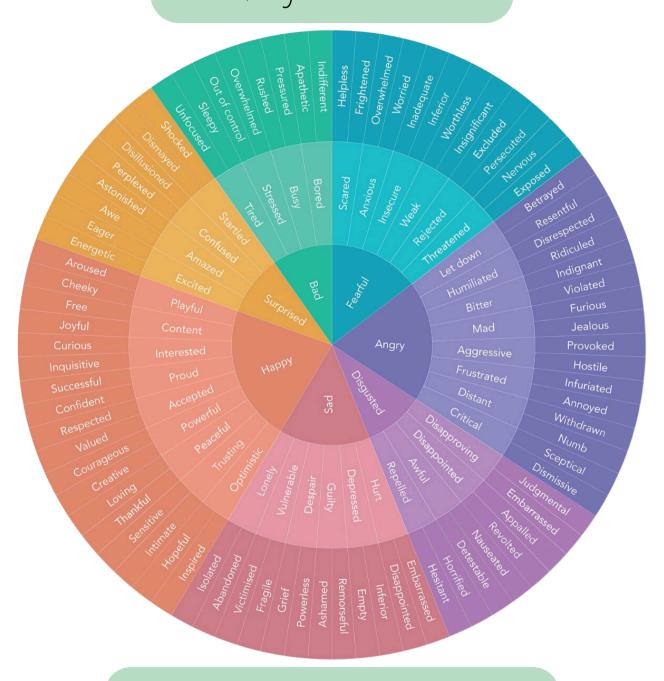
## Whelf of emotions Label it, so you can understand it.



Emotions are felt in the body before our mind starts processing what's happening.
Emotions are your body's way of communicating with you.

Not all emotions are meant to take action.