

# Men's Emotions

Society often expects men to suppress their feelings. But expressing emotion is healthy.



## It's Okay to Feel

Men are allowed to feel the full range of emotions, from joy to sadness.



## Talk It Out

Talking about emotions can help process and cope with them.



## Healthy Outlets

Express emotions through hobbies, exercise, or creative outlets. Remember it is ok to take time for you.





## Seek Support

If needed, seek professional help to learn ways to manage emotions.



## Express Yourself

Expressing emotions is important for men's well-being. It's okay to feel, talk, and seek help.

**ADD-NI**  
Children's Charity

**Remember that it is ok to feel, talk with friends and seek support if and when you need it.**

