

Understanding Your EMOTION DATABASE REPORT

EMOTIONAL WELLNESS RESOURCES

Understand your emotions. Support your well-being. Take every step.



LOVE AND JOY
Some people
are blessed
with a natural
tendency
to experience
emotions.



EMOTIONAL WELLNESS RESOURCES

These tools and resources help
you understand, manage,
and embrace well-being.



UNDERSTANDING
YOUR EMOTIONS
AND MANAGING
THEY



MANAGING STRESS
IN OUR WORLD
AND HOW YOU CAN
EMBRACE



FAITH, HOPE, AND
GRATITUDE
EMBRACING YOUR
EMOTIONS



EMOTIONAL WELL-BEING
HOW YOU CAN
EMBRACE YOUR
EMOTIONS



UNDERSTAND YOUR EMOTION DATABASE REPORT EMOTIONAL WELLNESS RESOURCES

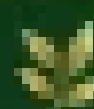
Click to explore insights about your emotions and
discover resources to support your emotional wellness journey.



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