

EMOTIONS

UNDERSTANDING THE FEELING

We can't always control our emotions and sometimes we have unpleasant ones. Emotions and feelings are energy. Do you always, feel: happy, sad or confused? Our emotions come and go. Understanding that emotions come in waves that don't last can be helpful when dealing with unpleasant emotions. Time can be ally to let some emotions subside and also acknowledging the emotion is happening can allow it to move through you quicker.

