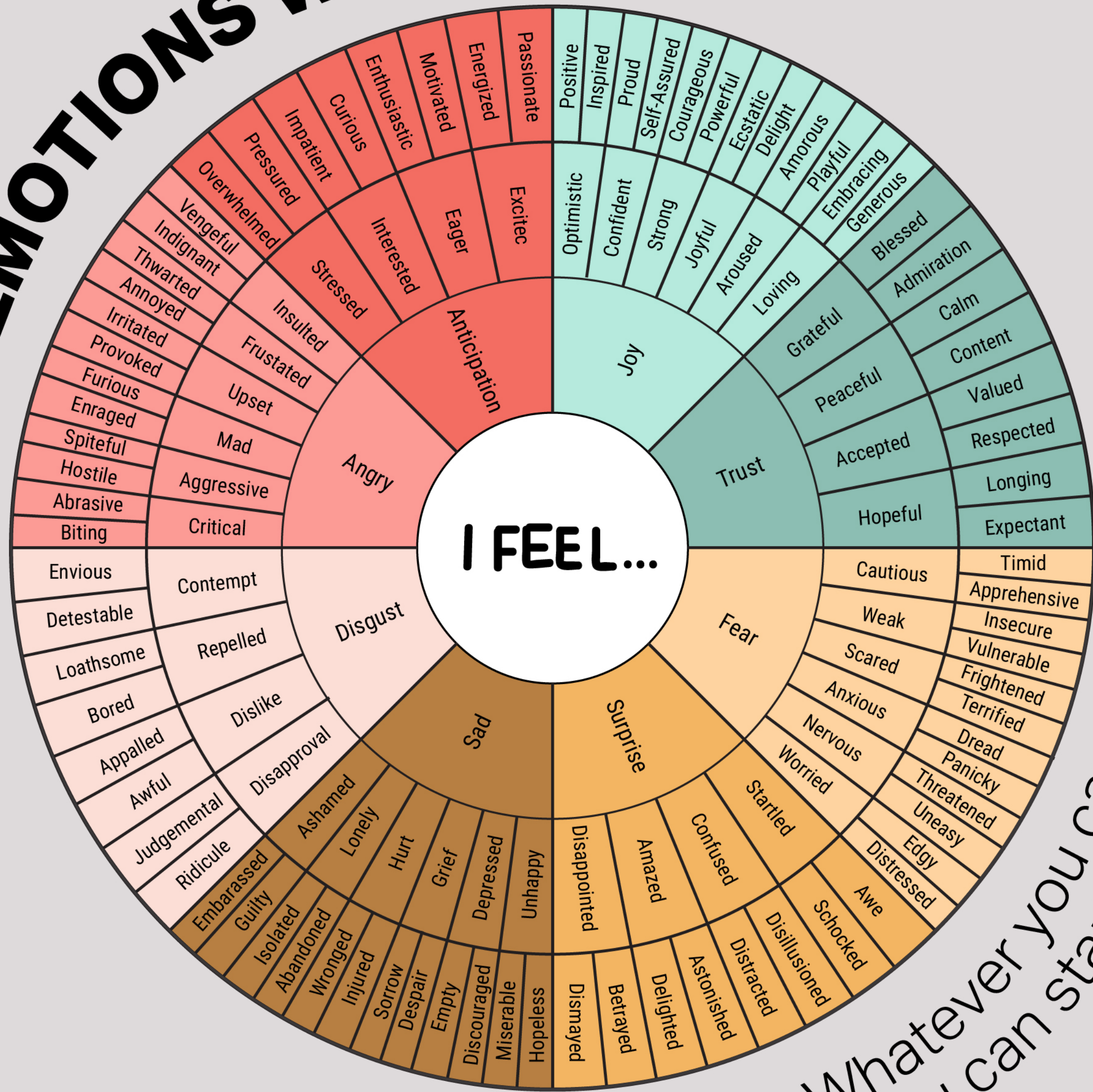


# THE EMOTIONS WHEEL



Recipes for wellbeing

Whatever you can name you can start to manage