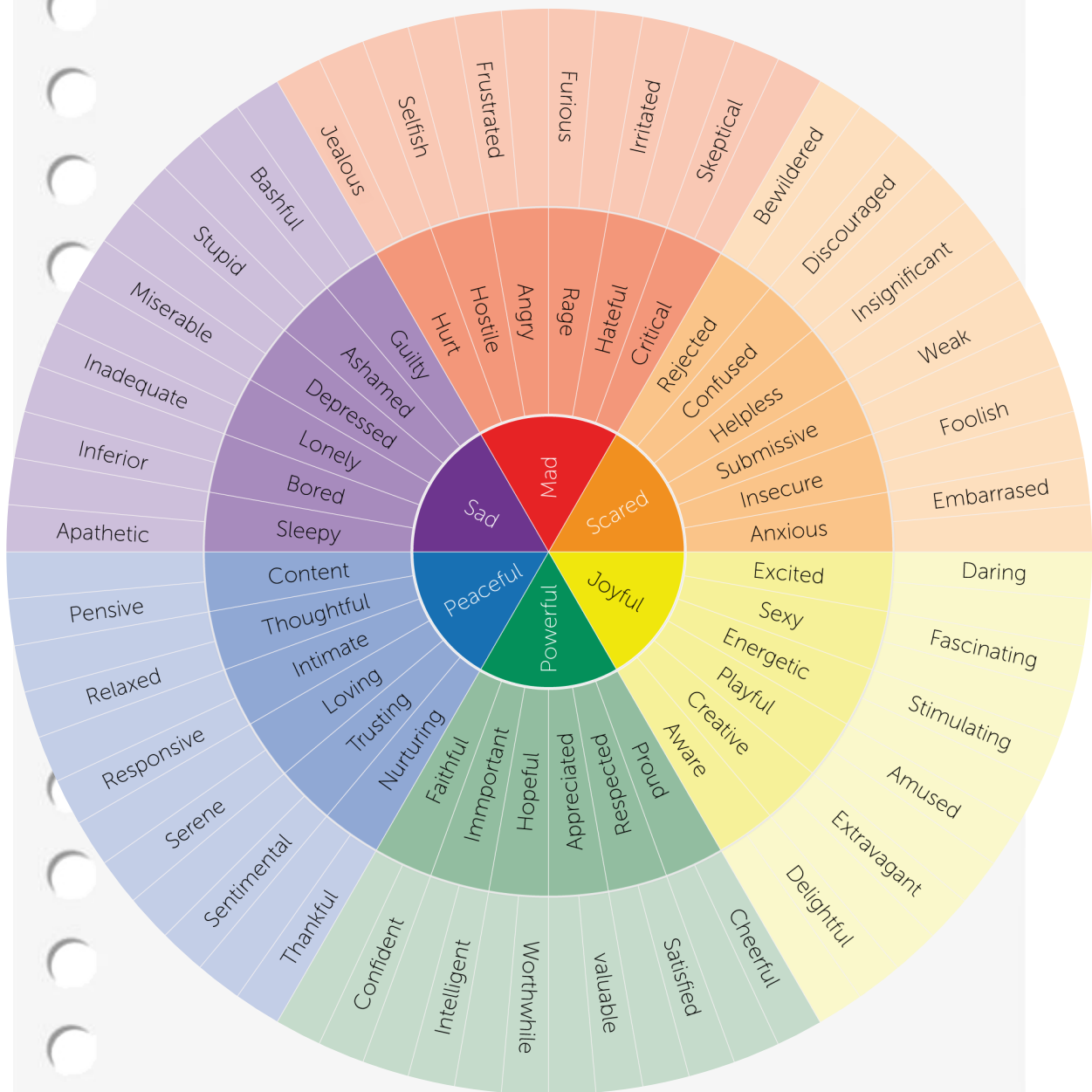


## UNDERSTANDING EMOTIONAL AWARENESS

Another way to manage your stress is by understanding and being aware of your emotions. Take a look at this emotion chart:



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Think about whether you share your emotions with others.  
Can you recall a time when sharing your emotions helped you?

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How did sharing that emotion make you feel?

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Expressing emotions openly can deepen your relationships.  
By telling others how you feel and understanding their  
emotions, you build stronger connections.

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Some people minimize, deny, or suppress their emotions,  
which can lead to more problems. Cultural differences also  
play a role; some cultures are less comfortable expressing  
emotions, while others are more open. Addressing  
emotions, whether through coping strategies or mental  
health treatment, is crucial for your overall well-being.

