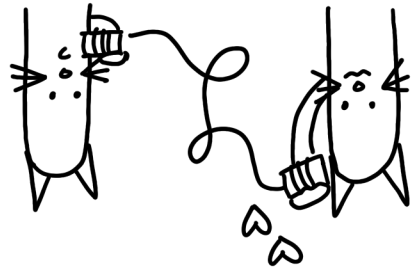
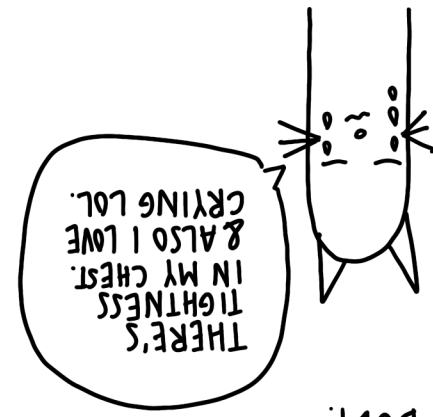


I MAKE ART (LIKE A DOODLE) & ENJOY ART (LIKE SOME MUSIC) TO EXPRESS & EXPERIENCE THE FEELINGS IN A DIFFERENT WAY. IT MAKES ME FEEL HUMAN.



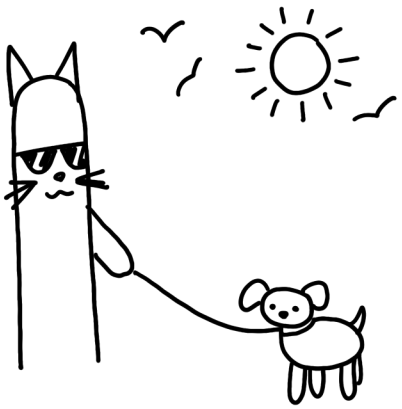
I JOURNAL OR VENT TO A TRUSTED (& CONSISTING) FRIEND. THIS HELPS ME UNDERSTAND MY FEELINGS MORE DEEPLY.



I LET MYSELF FEEL MY FEELINGS. I TRY TO IDENTIFY WHERE & HOW THE EMOTIONS ARE SHOWING UP PHYSICALLY IN MY BODY.

THESE DAYS, I OFTEN FIND MYSELF FEELING OVERWHELMED, LIVING THROUGH LATE-STAGE CAPITALISM IS HARD. HERE ARE SOME THINGS I DO TO WORK THROUGH THESE EMOTIONS SO I CAN SHOW UP AS AN ORGANIZER & COMMUNITY MEMBER.

I GO FOR A WALK WITH MY DOG. THE SUN & THE FLOWERS & THE TREES GROUND ME & MAKE ME FEEL CONNECTED TO OTHERS.



I DO SOME VOLUNTEERING OR ORGANIZING WITH COMRADES. THIS REMINDS ME THAT OTHERS CARE TOO & WE CAN MAKE A DIFFERENCE WHEN WE WORK TOGETHER.



BIG FEELINGS ARE A CHALLENGING FACT OF LIFE. ACKNOWLEDGING & HEALTHILY WORKING THROUGH THEM IS A LOVING THING WE CAN DO FOR OURSELVES & THOSE AROUND US. THIS IS HOW WE CAN KEEP SHOWING UP FOR EACH OTHER.



WWW.JANNA.INK

WHAT I DO WHEN I HAVE BIG FEELINGS

