

# Emotions and Expression

Why is expressing yourself important?

The background is a light cream color with various decorative elements. In the top left is a yellow flower with a purple center. In the top center is a small yellow star. In the top right is a green leafy branch with small purple flowers. In the bottom left is a green leafy branch with small purple flowers. In the bottom center is a small pink flower. In the bottom right is a yellow smiley face emoji with red cheeks. There are also several small blue and yellow petals scattered around.

**What's one new habit or  
self-care strategy you could  
start today to improve your  
mental wellness?**

# Goals For Today

1. Understand why expression is important
2. What are some forms of expressions?
3. Put into practice a form of expression
4. Implement expression into your life





# Why is expressing your emotions important?

01

## **Bottled Up Emotions Lead to Stress**

Increases heart rate and slows down digestive functions

02

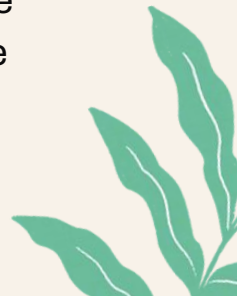
## **Works Through your Emotions**

Expressions can help you decipher your feelings step by step

03

## **Reduces Stress Levels**

~45 minutes of creative expression can reduce cortisol levels (stress hormone)



# Forms of Expression

<b>Talking</b>	Talk to others or talk yourself through your emotions
<b>Writing</b>	Write short poems or journal your day
<b>Exercise</b>	Play a sport or do an activity you enjoy
<b>Art</b>	Express your emotions through physical art (crafting, painting, coloring)
<b>Music</b>	Listen to or make music you enjoy
<b>Dance</b>	Dance it out!



# Choose your favorite memory or a emotion you're feeling right now

- Memory with family or friends
- Your pet
- Are you happy or upset about anything?
- Something that happened this week




**Get Ready to  
Paint!**





**★ Turn to your neighbor  
and share your  
finished painting!**





**What did you like about the activity? What are some ways you might continue to express yourself?**





**See you next  
time!**

**Thank you for  
attending!**

Keep an eye out for our future events!

