



ALL ABOUT FEELINGS

WHAT ARE FEELINGS?

Feelings are personal and unique to each person's perspective. Two people might go through the same situation and experience very different feelings because of their past experiences, personality, and interpretation.

Emotions are automatic body and brain responses (like a racing heart when startled). Feelings are our **conscious awareness** and **interpretation** of those emotions ("I feel scared"). They can range from happiness and excitement to sadness and anger.

YOUR FEELINGS ARE IMPORTANT

When you can put words to what you feel, it's like turning on a light in a dark room. You can finally see what's going on inside you. **Feelings are signals. They're your brain and body's way of telling you something important.**

- Anger might mean a boundary has been crossed.
- Sadness can mean you need comfort or connection.
- Happiness shows what brings you joy and energy.



ACTIVITIES

When we're stressed, our muscles can get tight. Progressive muscle relaxation (PMR) helps by squeezing a muscle group—like your hands or legs—and then letting go. This shows the difference between tense and relaxed. You can do it sitting or lying down, almost anywhere, to help your body and mind feel calmer.

1

[Click to experience a guided PMR](#)

Dr. Marc Brackett's color grid corresponds to emotions and visually represents how we might be feeling. These colorful cues can serve as a visual aid, helping you identify your emotions when it's challenging to pinpoint or express them.

2

[Click here to see Dr. Marc Brackett's color grid](#)

Here are 10 curated playlists, each labeled with an emotion, for you to jam out to depending on the mood that best matches how you're feeling!

3

[Click here for all ten playlists](#)

ALL ABOUT FEELINGS



WHAT IS FYF?

“Free Your Feels” is a mental health awareness campaign encouraging Georgia's young people to explore their real feelings and free them fearlessly. The campaign encourages adults and peers to check in with each other and listen without judgment, too.

By providing a safe space for young people to express their feelings, the campaign aims to make a widespread, positive impact and reduce the stigma around mental health.

Free Your Feels connects everyone to resources for further guidance or help, building connections and increasing awareness through digital resources like monthly toolkits, the Free Your Feels website, and the social media pages linked below.

Follow for more resources!

@freeyourfeelsga



RESOURCES

Libera tus Sentimientos – empowering youth and families to express their emotions, build resilience, and access mental health resources in both English and Spanish

988 Suicide & Crisis Lifeline – immediate support if bullying impacts your mental health

