



SELF-AWARENESS

Have you ever stopped to think about why you reacted a certain way to a specific situation, why you felt a strong emotion, or why you made a particular choice? That's self-awareness!

Self-awareness is the ability to notice and begin to understand your thoughts, feelings, behaviors, strengths, and challenges. When you understand yourself better, it becomes easier to manage stress, make decisions that align with your values, and build healthier relationships. Self-awareness can also help you recognize when you might need support and/or communicate your needs more effectively.

Self-awareness is a skill that can grow over time. And being self-aware doesn't mean being perfect – it means getting curious about your experiences and learning more about what makes you you.



RESOURCES

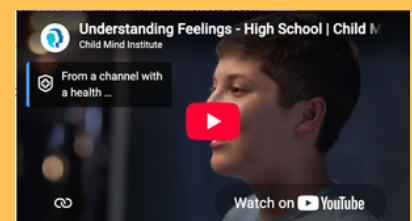


Not sure how to make sense of what you're feeling? Explore **Mind's** guide to learn how to recognize, understand, and express your emotions.



Explore **NAMI's resources for teens and young adults** to find helpful information, practical tips, and support for your mental well-being.

Check out these videos from Child Mind Institute: **Understanding Feelings for [Middle School/High School] Students: Tips for Self-Awareness & Emotional Control.**



ACTIVITY:

The more we notice patterns in our emotions and reactions, and the more we understand our strengths and challenges, the easier it becomes to manage situations and take care of our mental health.

Complete these statements:

I do my best when

I feel stressed when

Something that helps me recharge is

People can support me by

One thing I want others to know about me is

Reflection:

What did you learn about yourself from completing these statements, and how can you use that insight to better care for yourself and communicate what you need?

Follow for more resources!
@freeyourfeelsga



"Free Your Feels" is a mental health awareness campaign encouraging Georgia's young people to explore their real **feelings** and **free** them fearlessly.

**ACCESS MORE
RESOURCES AT
[FREEYOURFEELS.ORG](https://freeyourfeels.org)**