



## ALL ABOUT FEELINGS

### WHAT ARE FEELINGS? AND WHY ARE THEY IMPORTANT?

What are feelings? And why are they important? Feelings are our emotional responses to various situations, people, and experiences. They can range from happiness and excitement to sadness and anger. Recognizing our feelings help us better understand ourselves and our reactions. This awareness allows us to better manage our emotions, communicate more effectively, take appropriate actions when necessary, and build stronger connections with others.

### WHAT IS FREE your FEELS™

The “Free Your Feels” campaign is a mental health awareness initiative that encourages Georgia’s youth to openly explore and express their emotions. It empowers young people to speak out and share their true feelings without fear. The campaign also encourages adults and peers to check in with each other and listen without judgment. It connects everyone to resources for further guidance or help, building connections and increasing awareness through digital tools like social media (@freeyourfeelsGA), the Free Your Feels website ([freeyourfeels.org](http://freeyourfeels.org)), and monthly resource toolkits. By providing a safe space for youth to express their feelings, the campaign aims to make a widespread, positive impact and reduce the stigma around mental health.



## RESOURCES



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.

Here’s 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!



Use this worksheet to create your own playlist and practice mood regulation through music!



VOL 1.

## ALL ABOUT FEELINGS

### WHAT ARE FEELINGS? AND WHY ARE THEY IMPORTANT?

What are feelings? And why are they important? Feelings are our emotional responses to various situations, people, and experiences. They can range from happiness and excitement to sadness and anger. Recognizing our feelings help us better understand ourselves and our reactions. This awareness allows us to better manage our emotions, communicate more effectively, take appropriate actions when necessary, and build stronger connections with others.

### WHAT IS FREE your FEELS ?

The “Free Your Feels” campaign is a mental health awareness initiative that encourages Georgia’s youth to openly explore and express their emotions. It empowers young people to speak out and share their true feelings without fear. The campaign also encourages adults and peers to check in with each other and listen without judgment. It connects everyone to resources for further guidance or help, building connections and increasing awareness through digital tools like social media (@freeyourfeelsGA), the Free Your Feels website ([freeyourfeels.org](http://freeyourfeels.org)), and monthly resource toolkits. By providing a safe space for youth to express their feelings, the campaign aims to make a widespread, positive impact and reduce the stigma around mental health.



## RESOURCES

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.

[CLICK HERE FOR MORE](#)

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!

[CLICK HERE FOR MORE](#)

Use this worksheet to create your own playlist and practice mood regulation through music!

[CLICK HERE FOR MORE](#)