

Name _____

Embracing the Roller Coaster of Emotions: Is It Okay to Have Both Positive and Negative Feelings?

Short Answer

1. Provide an example of a situation where experiencing sadness might be beneficial, and explain why.
2. Why is it important to express your emotions through healthy outlets, and what are some examples of such outlets?
3. How can practicing self-care contribute to achieving a healthy balance between positive and negative emotions?
4. Describe a scenario where gratitude played a significant role in someone's life, positively impacting their emotional well-being.
5. Explain the role of acknowledgment and acceptance in embracing both positive and negative emotions.

