

Exploring my emotions



Your video
pack to explore
joy, sadness, fear,
and anger

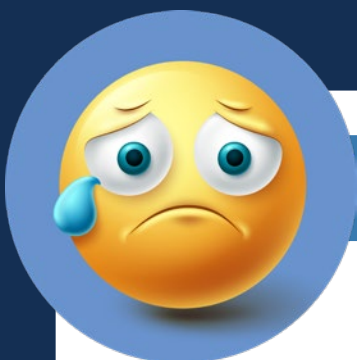
Emotions can be tough to deal with,
especially when you don't quite understand them.

That's why we've created this video pack to help you
explore four core emotions: **joy**, **sadness**, **fear**, and **anger**.
Each video offers practical tips and advice to help you manage
these feelings, so you can handle whatever life throws your way.



Exploring joy

Joy is all around us – you just have to know where to look. This video will help you notice the things that bring you joy, savour happy moments, and spread positivity to others.



Understanding sadness

Sadness is a natural response to life's challenges. Learn how to process your feelings, talk about what's bothering you, and take steps to feel more like yourself again.





Facing fear

Fear can stop us from trying new things or stepping out of our comfort zones. In this video, you'll discover techniques to manage fear, build your confidence, and take brave steps forward.



Handling anger

Anger can feel intense, but you can manage it. This video will help you understand what triggers your anger, how to pause before reacting, and healthy ways to express your feelings.



If you've watched the videos, you've now learned some key tools for understanding and managing your emotions. Life can bring all sorts of feelings, but now you have ways to handle them with confidence.

Keep practising what you've learned and remember – you don't have to do this alone. Talking to someone you trust can make all the difference.

Keep going, you're building emotional strength every day.

Stay connected



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