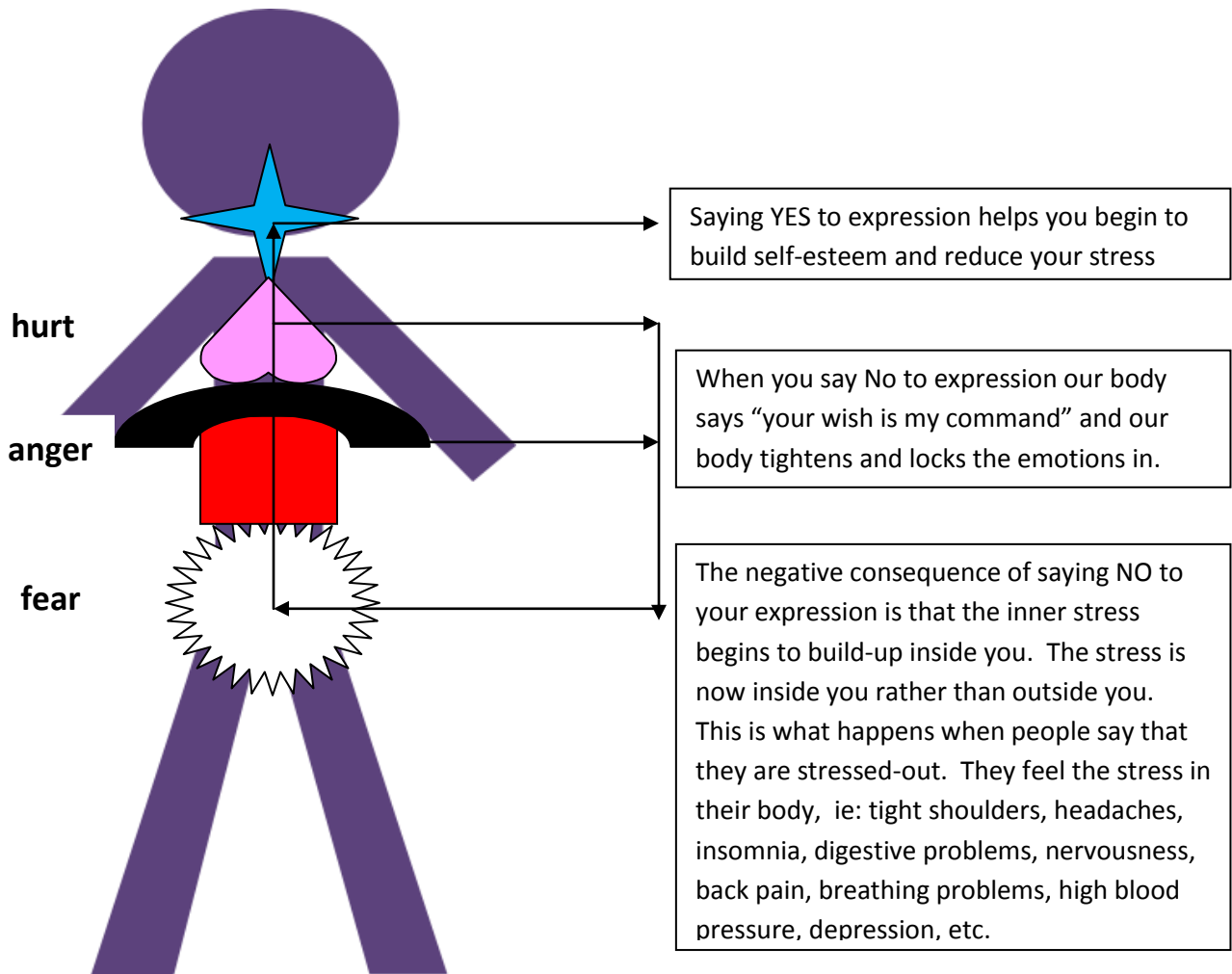


## CYCLE OF EMOTION



By choosing to express your thoughts, feelings, and experiences; you are making a decision to let go of fear, anger, and hurt. By expressing yourself, you release many bodily hormones that help you to feel good about yourself, which in return build your self-esteem. There are many benefits to feeling good about yourself for example pain relief, sleeping better, happier...

Contrary to this, by not giving yourself permission to express yourself, you end up swallowing painful emotions. This increases your mental, emotional, and physical stress and eventually disconnects you from your Spirit.