



## **DEALING WITH THE HIGHS AND LOWS OF EMOTIONS**

Have you ever felt like you have taken a trip on an emotional rollercoaster?

*Sometimes situations, experiences, physiological changes, day to day hassles, unexpected surprises, and the energy inside and around you can be the cause of these ups and downs.*

*How you react to these changes can depend on how sensitive you feel. When these changes start to get in the way of your everyday life, work and relationships is when you know you need to reach out for help.*

*Starting out with mild lifestyle changes can help one balance these ups and downs of emotions and feel more stable.*