Anatomy of a feeling

Feeling

Thoughts

Pleasant

Unpleasant
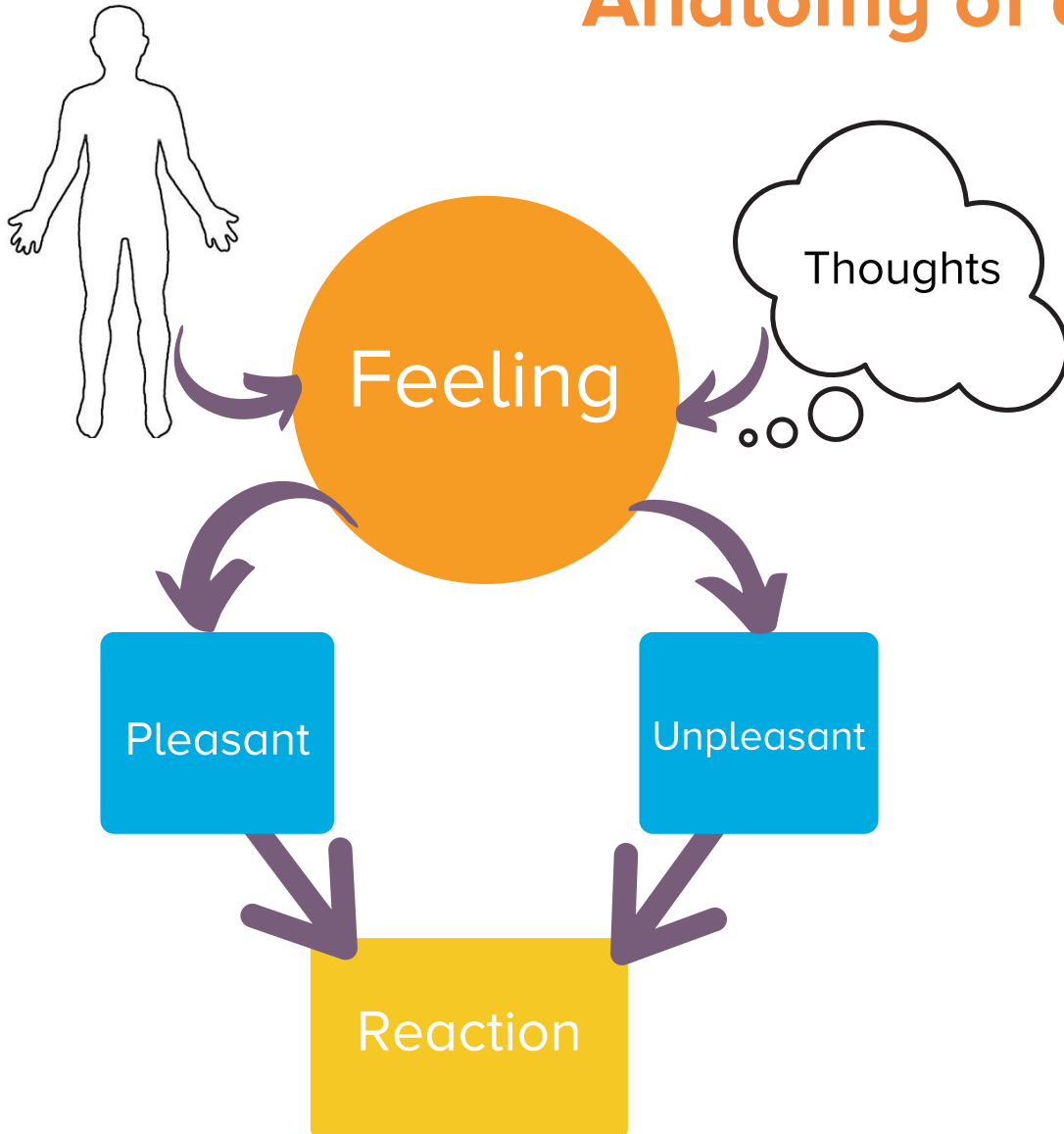
Reaction

Why do we feel?

Should we try to avoid uncomfortable feelings?

What are some of the ways that we can manage unpleasant feelings?

JIGSAW Young people's health in mind