

All feelings
matter here.



PiC Wellness™

FEELINGS WHEEL

Feelings are
welcome here.



Notice with
kindness.



Name what
you feel.



Feelings
give us
information



Pause.
Breathe.
Notice.



Be gentle
with
yourself.



Notice what you feel. Name it with kindness.
All feelings are welcome here.



PiC Wellness™
Tools for emotional wellness
and everyday resilience.



Based on the Feelings Wheel by Gloria Wilcox.
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