

Wellbeing Tip of the Week

It's OK to feel different emotions



It is normal to feel all types of different emotions at any time: happy, sad, excited, anxious, angry, bored, frustrated, neutral, confused.

Everyone feels these emotions for lots of different reasons. Sometimes we might not know why we feel a certain way. The important thing to know is that we're not meant to feel happy all the time and it's OK if we feel those more difficult feelings.

If you are dealing with a difficult feeling, even if you're not sure what it is, try to find someone you trust who you can talk to about it: a friend, a parent, a teacher. If we keep those difficult feelings bottled up inside, they don't go away and can make us feel worse. It's always a relief to get these things off our shoulders by talking to someone.