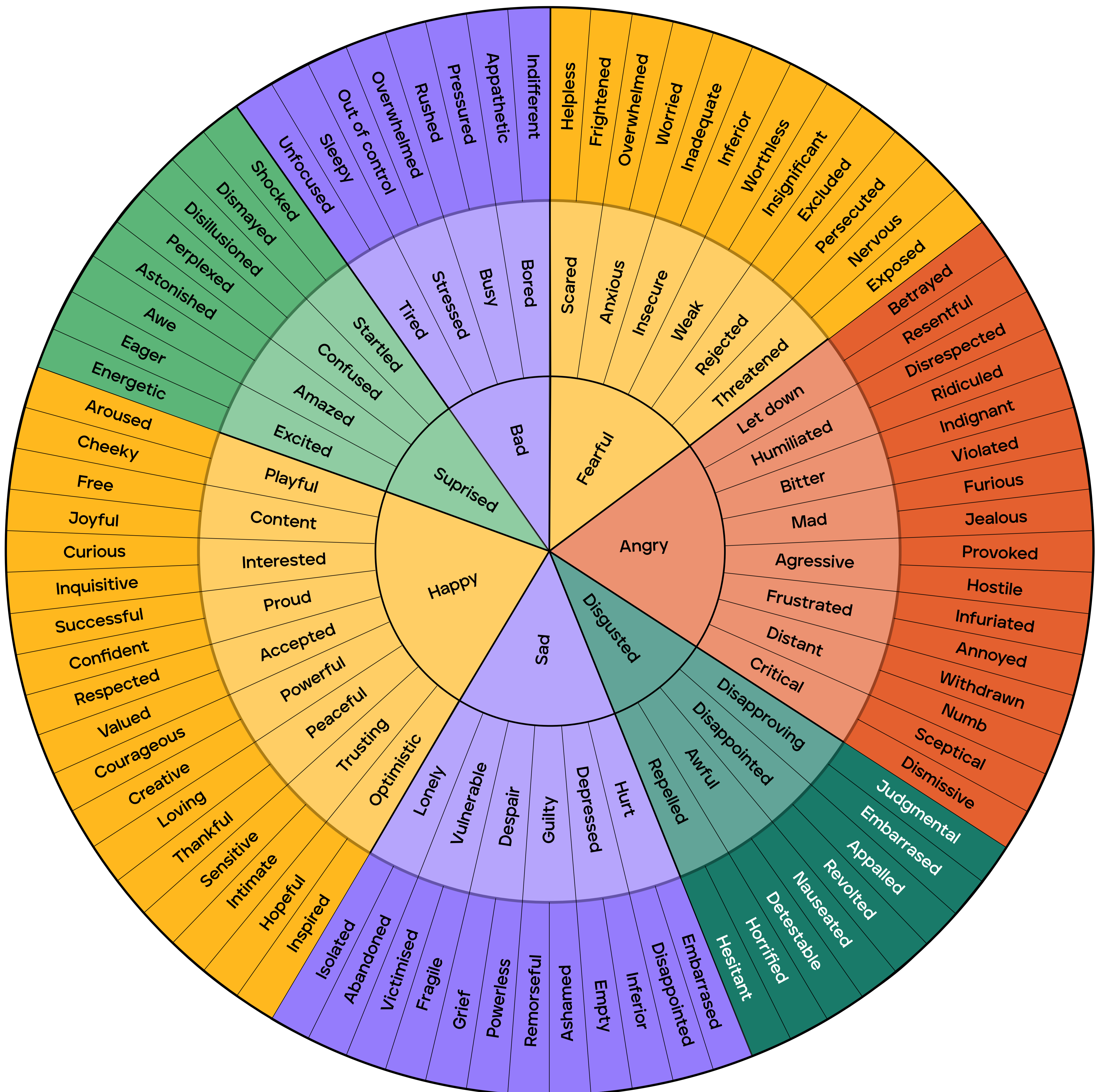


The Emotion Wheel

With over 34,000 emotions, it's no wonder that sometimes we get a little overwhelmed in how to talk about them - but SilverCloud Health can help.



Talking about emotions can be tricky, but self-awareness is the foundation for emotional intelligence. The Emotion Wheel helps to work through the "why" behind our feelings and accurately name them to help us connect with each other. By working through the emotions at the center of the wheel we can be more precise in how we talk about what we're feeling.

For example: If a child is feeling "sad," it's important to help them identify and label the source of that feeling - perhaps they're "embarrassed," or feeling "lonely."

By talking about emotions in this way we open ourselves up having more accurate conversations about how we're feeling.