



Emotions

WORD SEARCH



Our feelings are valid. Acknowledge them. Honor them. Heal through them. ♥



Find the words below that describe different feelings and emotions.



WORD LIST

R E S I L I E N T C U R I O U S W Q
 A N X I O U S B R A V E T G K I L Y
 G R A T E F U L J O Y F U L Z X M
 O V E R W H E L M E D K I N D N B
 P E A C E F U L C A L M B Q L O V
 L O N E L Y P R O U D H O P E F U L
 I N S E C U R E T I R E D W R A I L
 E X C I T E D H A P P Y E M P T I C
 D I S A P P O I T D F R U S R A T B
 C O N T E N T M O T I V A T E D E L G
 I N T R O S P E C T I V E C R E A T V E
 J E A L O U S N O S T A L G I C Z X K
 A P P R E C I A T I V E F O C U S E D
 G U I L T Y R E L I E V E D H U M B L E
 S U R P R I S E D O P T I M I S T I C
 S A D W O R R I E D C O N F I D E N T
 A C C E P T I N G N E R V O U S S I L L Y
 S T R E S S E D B O R E D I N S P I R E D

- ♥ HAPPY
- ♥ SAD
- ♥ ANGRY
- ♥ CALM
- ♥ ANXIOUS
- ♥ EXCITED
- ♥ TIRED
- ♥ PROUD
- ♥ GRATEFUL
- ♥ HOPEFUL
- ♥ LONELY
- ♥ OVERWHELMED
- ♥ DISAPPOINTED
- ♥ FRUSTRATED
- ♥ PEACEFUL
- ♥ JOYFUL
- ♥ CONFIDENT
- ♥ INSECURE
- ♥ WORRIED
- ♥ GUILTY
- ♥ RELIEVED
- ♥ CONTENT
- ♥ CURIOUS
- ♥ BRAVE
- ♥ KIND
- ♥ EMPATHETIC
- ♥ APPRECIATIVE
- ♥ RESILIENT
- ♥ MOTIVATED
- ♥ INSPIRED
- ♥ FOCUSED
- ♥ CREATIVE
- ♥ NOSTALGIC
- ♥ SURPRISED
- ♥ OPTIMISTIC
- ♥ ACCEPTING
- ♥ JEALOUS
- ♥ HUMBLE
- ♥ BORED
- ♥ SILLY

♥ TAKE CARE OF YOUR MIND. NURTURE YOUR HEART. YOU MATTER. ♥



Journal your thoughts.



Stay hydrated and nourished.



Move your body in ways you love.



Take breaks. Rest without guilt.



Practice gratitude every day.



Get enough sleep.



All emotions have a purpose. Be gentle with yourself today.
You are enough, just as you are.

