

# Emotions Check In



Healthier Hearts & Lighter Minds  
Mindfulness

DISGUST



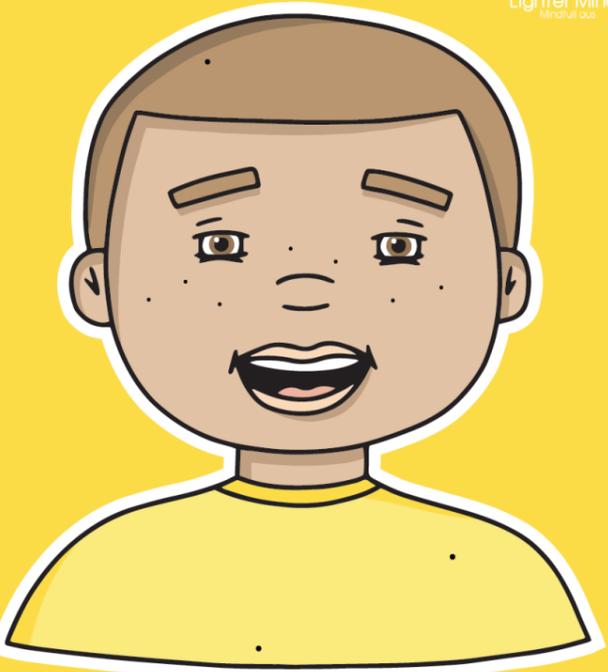
Healthier Hearts & Lighter Minds  
Mindfulness

SADNESS



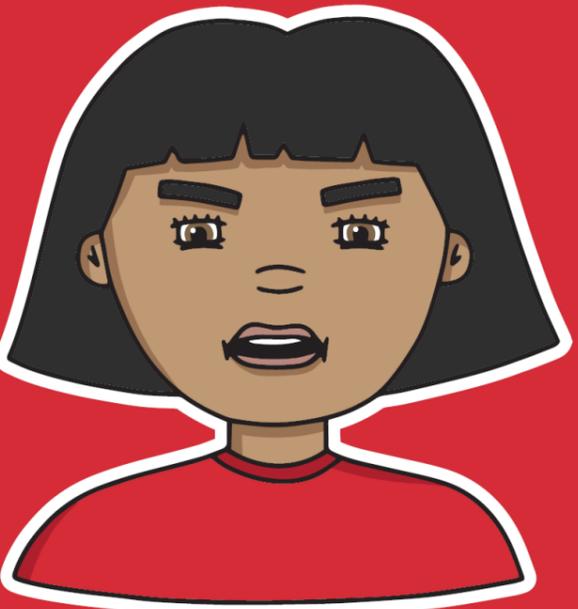
Healthier Hearts & Lighter Minds  
Mindfulness

FEAR



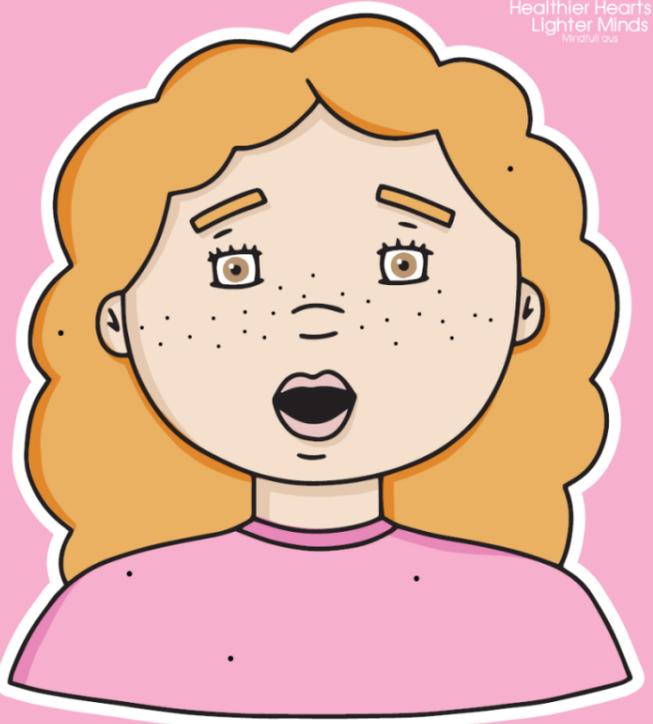
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Mindfulness

JOY



Healthier Hearts & Lighter Minds  
Mindfulness

ANGER



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Mindfulness

SURPRISE

