

WHY FEELINGS MATTER:

ADDRESSING AND PROCESSING YOUR EMOTIONS HAS A VITAL IMPACT ON MANY FACETS OF LIFE



EMOTIONAL AND MENTAL HEALTH:

Processed emotions create internal calm and peace, even amidst challenges. By feeling more at peace within, individuals are less likely to think negatively. Instead, they trust themselves more and live with greater confidence.



PHYSICAL HEALTH:

Unprocessed feelings increase stress levels, accounting for 75-90% of doctor visits.



RELATIONSHIPS:

Working through emotional triggers supports individuals in developing deeper connections with spouses/partners, children, co-workers, family, and friends, which also lessens loneliness.



LONGEVITY:

Individuals who address and process their negative emotions are less likely to turn to unhealthy habits or external substances to cope.



SUCCESS:

Processing emotions requires self-awareness, which strengthens individuals' leadership abilities.



SAVING MONEY:

Unprocessed feelings lead to mental health challenges, which are costly.

Mental health costs rise twice as fast as all other medical expenses. WHO estimates the cost depression and anxiety have on productivity is 1 trillion dollars per year. Depression is the leading cause of disability.