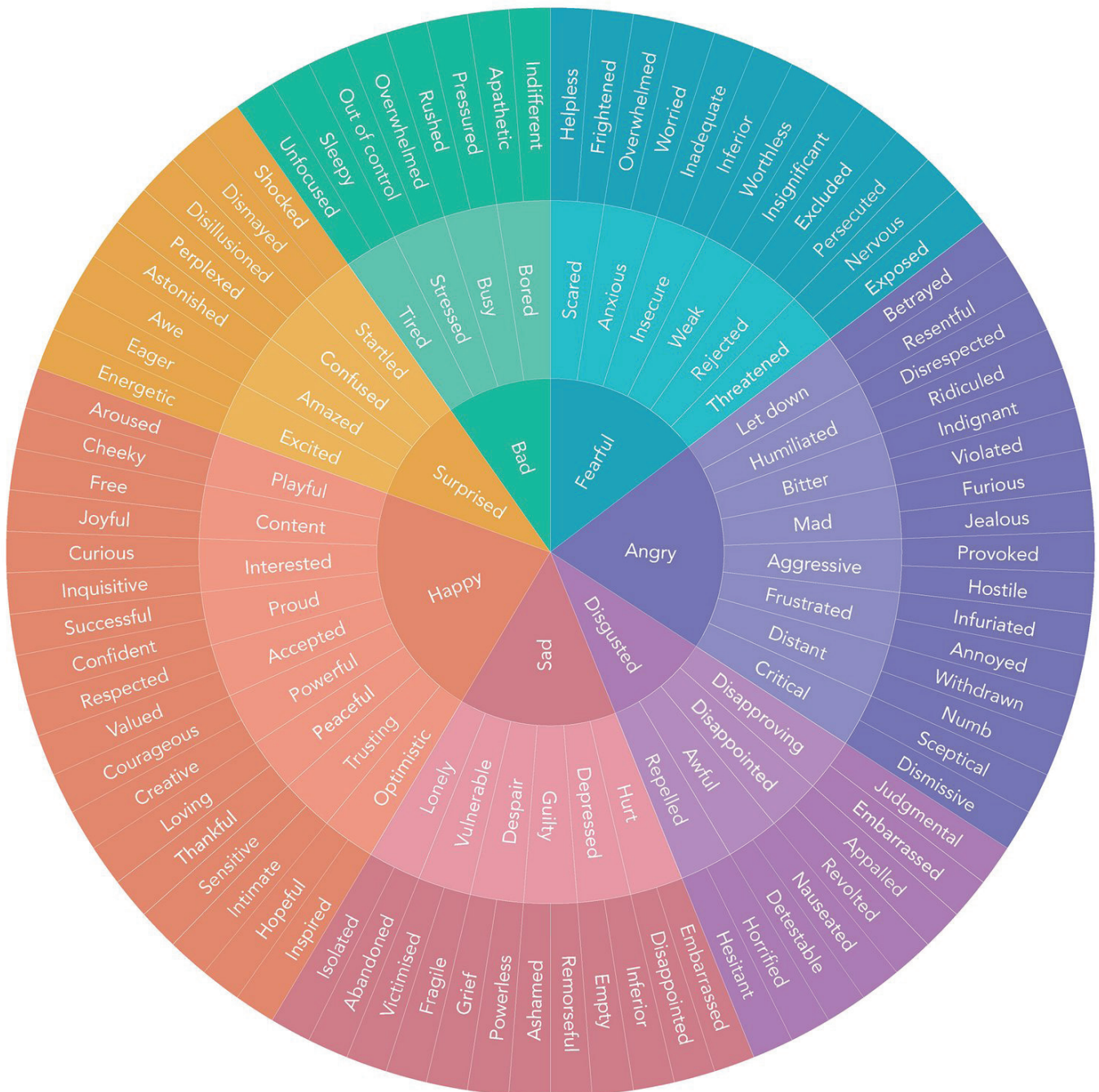


# Feelings Wheel

**Important Note:** While this product offers valuable support, it is not meant to replace counselling or psychotherapy. If you're not already seeing a mental health professional, we encourage you to find a trusted counsellor or therapist in your area to help guide you on your journey.

## Learn how to label your feelings



### Reference:

• <https://www.calm.com/blog/the-feelings-wheel>