HOW ARE YOU FEELING?

Enraged	Furious	Frustrated	Stressed	MORE ENERGY	Surprised	Upbeat	Motivated	Ecstatic
Livid	Frightened	Angry	Restless		Energized	Cheerful	Inspired	Elated
Anxious	Apprehensive	Nervous	Annoyed		Joyful	Нарру	Optimistic	Thrilled
Repulsed	Concerned	Worried	Uneasy	SKILLS FOR Carring	Focused	Hopeful	Proud	Blissful
UNPLEASANT				& Life				PLEASANT
Disgusted	Pessimistic	Disappointed	Sad	The School District of Palm Beach County	Relieved	At Ease	Content	Fulfilled
Embarrassed	Excluded	Timid	Apathetic		Calm	Secure	Satisfied	Grateful
Miserable	Alienated	Discouraged	Disengaged		Mellow	Chill	Relaxed	Carefree
Hopeless	Lonely	Drained	Tired	LESS ENERGY	Sleepy	Tranquil	Comfortable	Serene