

# Download Taking Charge Of Your Emotions

Play the leading role in managing your diabetes. Take charge of your health with new tools from Diabetes Canada. What, when, why? Understanding A1C The best way to find more fun on pbskids.org is to explore! To search, type a word or phrase into this box: Emotions are recordings of feelings. Feelings are a part of being alive, in the moment of life, and need to be fully experienced as they traverse your heart and soul. Now that you've made the decision to begin your journey to recovery, below are some tools to aid you in the process. Identifying tools and developing plans will help you be more prepared and empowered to take action when it comes to your recovery.