

## **Why study emotions?**

**Survey Finds 78 Percent of **Employees** Are Emotionally Disconnected at Work**

Here are the top emotions these workers struggle:

- 57% Frustration
- 39% Disappointment
- 35% Urgency
- 28% Happiness
- 27% Excitement
- 27% Gratitude
- 25% Agreement
- 1 in 5 americans suffer from some type of mental illness
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**We all feel like being honest will cause unresolved conflict so we pretend and hope for the best!**

**Teens** are increasingly struggling with their emotions — and talking about it on social media.

**CBS study says that more Americans are suffering from stress, anxiety and depression, than ever.**

**It comes from mental or physical abuse, unresolved conflicts, death or loss, divorce, debt, low self esteem, fear of the future.**

## **WHO is a candidate for this Study?**

- 1. Moms who go un noticed and can't handle day to day stress.**
- 2. Dads who feel overwhelmed, disrespected and underappreciated.**
- 3. Kids who feel alone, abandoned, rejected, misunderstood.**
- 4. Individuals who panic when expected to perform.**
- 5. Dysfunctional family members.**