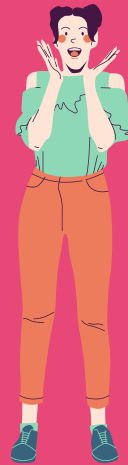
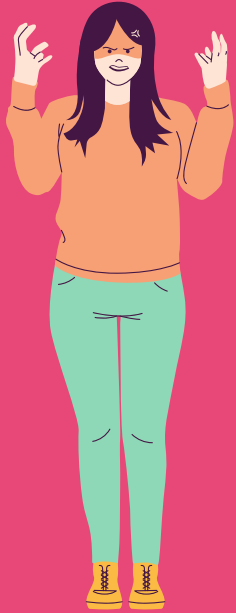


MENTAL HEALTH EXPRESSION THROUGH ANIMALS

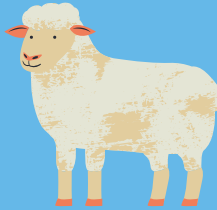
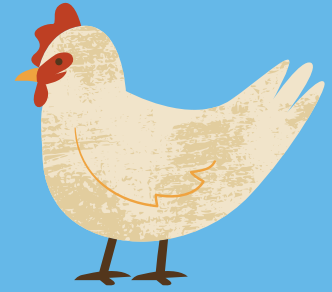
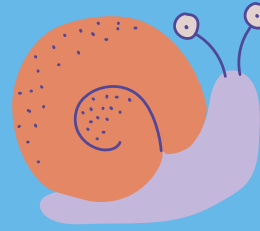
Kezban, Rosa, Marlena, Cecilia, Giulia



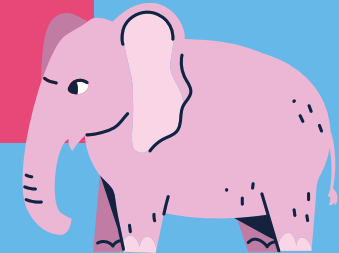


EXPRESS FEELINGS

Sometimes it is hard to express our feelings/emotions/and mind set, could be because we feel introvert, we are afraid of judgement or many other reasons....



ANIMAL vocabulary



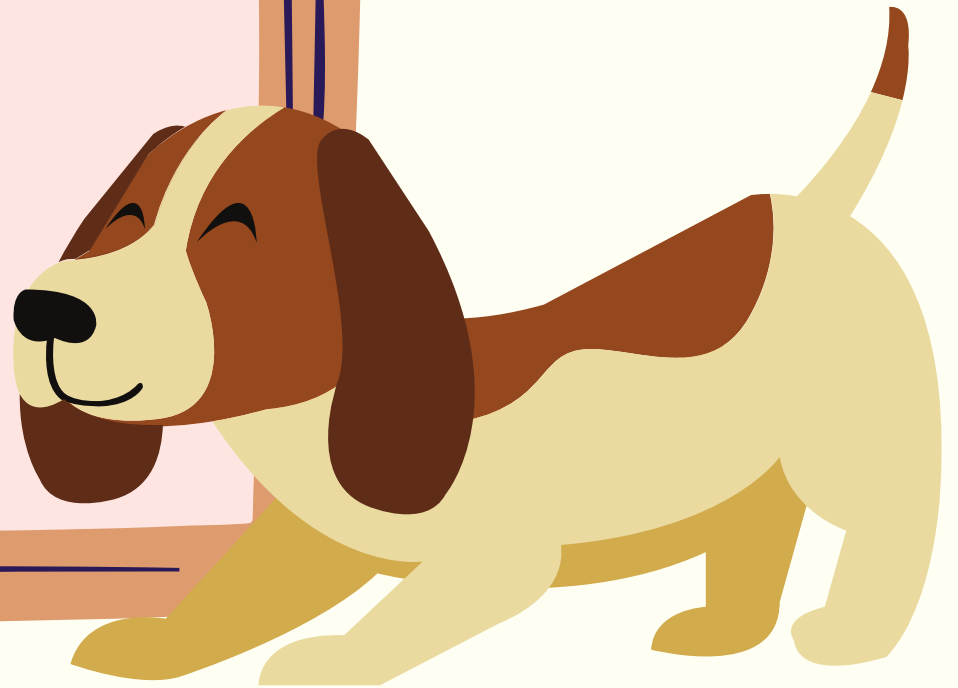
Animals have different personalities...

In order to express our emotions we can use animals characteristics



DOG

- Loyal
- Sociable
- Happy, cheerful
- You give without expecting
- Generous



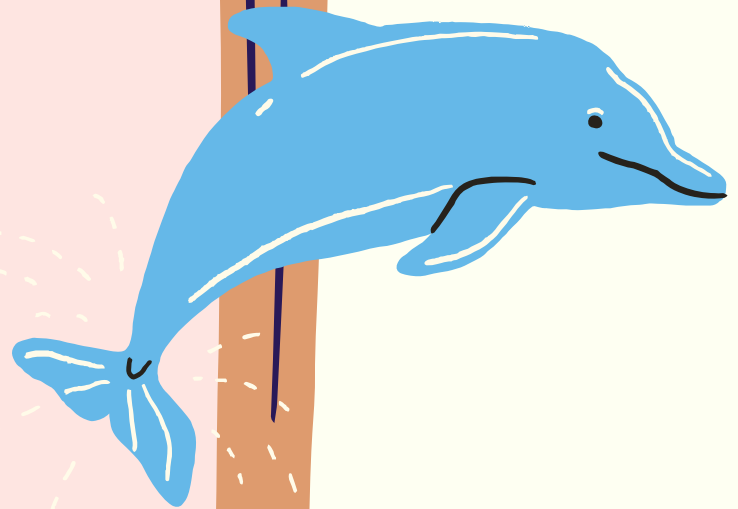
CAT

- Independent
- Sometimes you want affection
- Borders
- Introvert



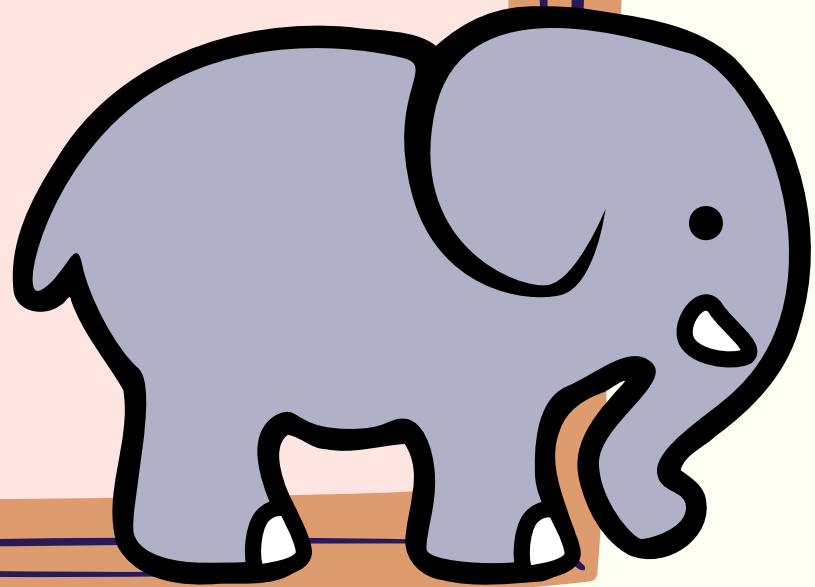
DOLPHIN

- Smart
- Sociable
- Freedom
- Playful
- Spontaneous
- You live the day



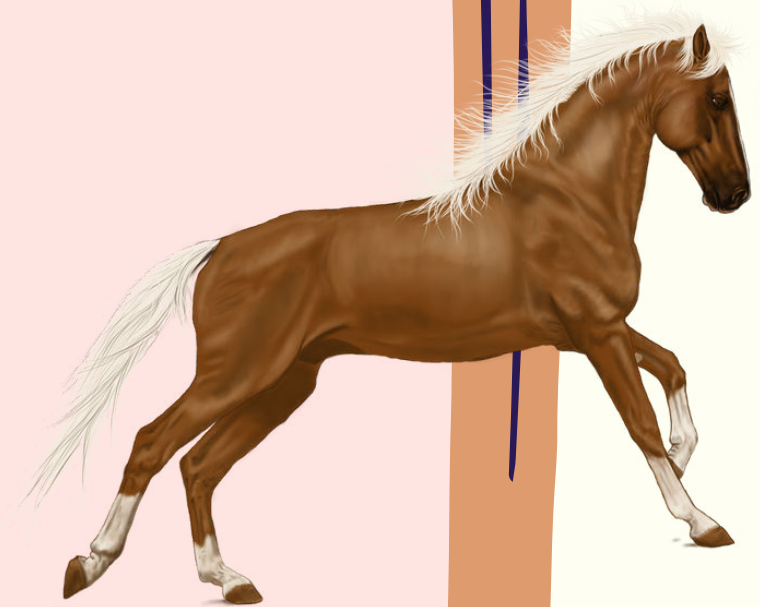
ELEPHANT

- Cheerful
- Sense of humor
- Family and friends
- Overthinking
- Calm
- Protective
- Good listener



HORSE

- Free soul
- No ties
- Adventure
- Try new things, travel
- Noble



LION

- Determined
- Little resistant to people outside but very loyal to people it love
- Rational



WOLF

- Brave
- Family and group feeling
- Loyal
- Freedom



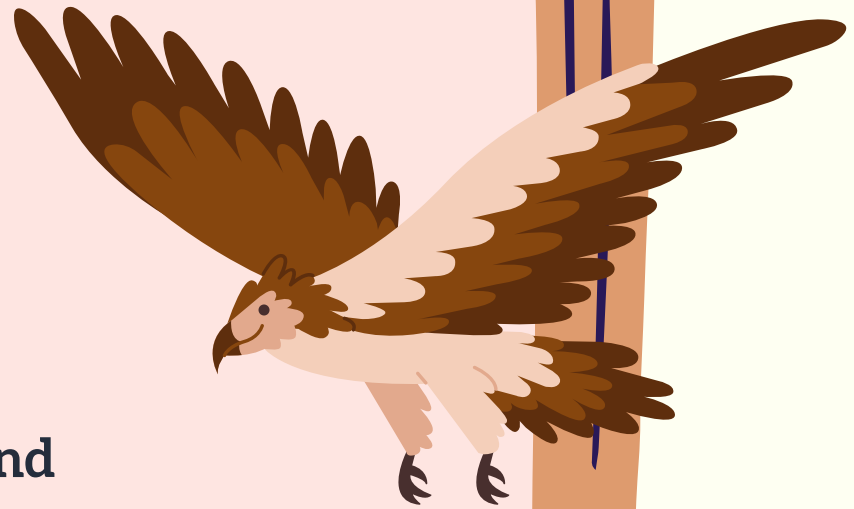
FOX

- Clear ideas
- Pragmatic
- Astute/clever
- Sometimes invisible



EAGLE

- Freedom
- Guard its people
- Watchful (eagle eyed)
- Dreamer
- Balance between rational and emotional



WHAT IS YOUR ANIMAL?

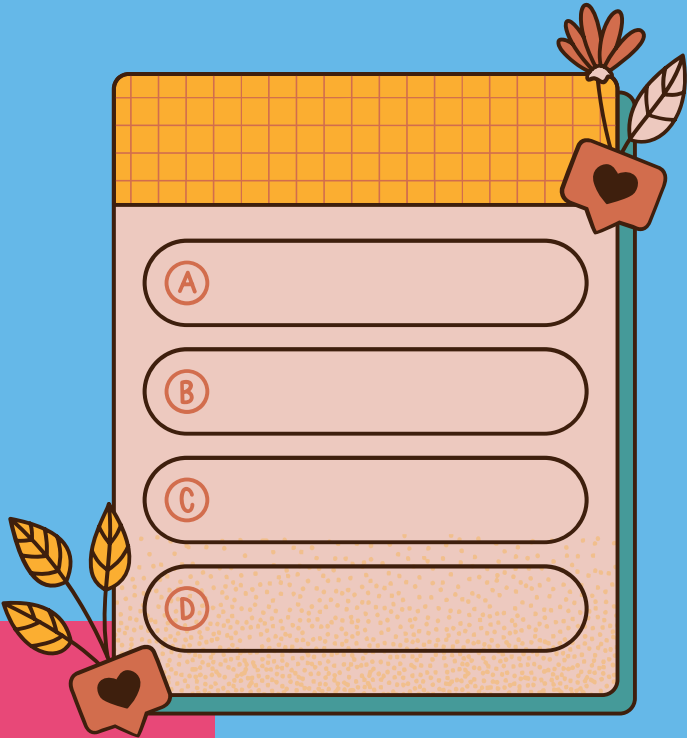
You can find your own metaphorical animal which represent you in the best way!





QUIZ

LINK



Quiz result



**WHAT ANIMAL DO YOU
THINK YOU ARE?**





CONCLUSIONS

Sometimes we need to stop and think about how we are and how we feel. We wanted to make you think about how you manage different situations.

There is not just a formal way to express our mental condition, we can use different ones: animals for example!

We are all different and in a constant change, we are all animals and maybe different animals every day.

