

What do you do with all your feelings?

In Marcy's *Having All the Feels*, counselor and therapist Allison Edwards explores how sometimes feeling so many feelings doesn't feel so good at all.

Marcy wanted to be happy. Happy is all she wanted to be. But all her other feelings kept showing up—and at the worst times! There was Frustrated and Angry, Sad and Embarrassed, and even Worried and Jealous. Her feelings were there as soon as she opened her eyes each morning, and they followed her around throughout the day. Some days all these feelings just felt like a little too much and she wanted to hide!

Marcy didn't want to feel angry or jealous. And she didn't like feeling sad or embarrassed. Why couldn't she be happy all the time? Then one day when Marcy's feelings disappear, she learns that her feelings don't have to control her, and they might even have a function.

Maybe having all the feels might not be such a bad thing. And that one discovery? Well, it changes everything!



ALLISON EDWARDS is a Licensed Professional Counselor and Registered Play Therapist who specializes in working with children, adolescents, and their families. She received her undergraduate degree in Education from Northwest Missouri State and a graduate degree in Counseling from Vanderbilt University.

Before opening a private practice, Allison developed and maintained a play therapy program for at-risk and immigrant children in the public school system. In her current practice, she sees children of all ages, consults with parents, supervises counselors, and writes about childhood anxiety. She also serves as an Affiliate Professor at Vanderbilt University where she enjoys teaching future counselors how to work with kids.



VALERIA DOCAMPO'S inspiration for her art is rooted in everyday life: the eyes of a dog, the shape of a tree, the sound of rainfall, and the aromas of breakfast. Born in Buenos Aires, Argentina, she studied fine arts and graphic design at the University of Buenos Aires. She has illustrated several books for children and now resides in Lyon, France.



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During math, Mrs. Bennett handed back their pop quiz from Friday.

Marcy smiled at the big circled A on top.

"Oh, there you are, Happy!" Marcy's heart felt like it grew in her chest.

"I'm so happy you are here. Please don't go away again!" Marcy begged.

"I don't feel like myself when you aren't around."

Happy sighed. She was tired of being so needed.





At recess, Marcy's friends ran off, leaving her on the swings all by herself. Sad sat on the swing beside her. "Please leave me alone," Marcy said as her eyes filled with tears.



Frustrated, who always showed up when she forgot to do her homework, wasn't there. And Embarrassed wasn't beside her when she tripped on the way into school.





Sad didn't show up when her friends forgot to meet her in the hallway. Even Happy was nowhere to be found when Marcy was chosen to be the class helper for the day. Not one single feeling was with her the entire day, and Marcy realized that not feeling anything seemed worse than feeling everything.