

# Mixed Emotions



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This line of handmade jumpsuits focuses on five different aspects of emotional growth, each of the five jumpsuits features patterning that symbolizes the skills necessary to access the full range of your emotional self as well as achieve emotional growth.

These skills are Self-Reliance, the ability to Rely on Others, being comfortable Asking for Help, and being comfortable Embracing Emotion. These skills lead to the final jumpsuit which represents emotional growth as a whole and the blossoming that brings.

These jumpsuits allow you to literally wear your heart on your sleeve and act as a way to share your emotional journey with others.



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# Embracing Emotion



This jumpsuit allows the wearer to express, embrace, and share their emotions freely as well as show others that they are not alone.

Happiness is more than simply feeling pleasure and avoiding pain. It is about experiencing life and embracing both its ups and its downs



This Jumpsuit shares the importance of being able to express and embrace your feelings and emotions, even negative ones. Through the Embracing Emotion jumpsuit's rainy cloud imagery and bright colors it creates a playful space for its wearer to embrace and share their emotions and connect with others who have been through similar experiences signaling to them that they are not alone.

highs. By not pushing any of our "bad" emotions away we are able to accept them, let them pass, and in turn accept ourselves.



In order to experience happiness and emotional growth we must be able to embrace sadness, anxiety, fear, we must be able to feel our full emotional self and accept our lows as well as our





The Rainy Day Socks allow the wearer to more subtly express and embrace their emotions. These soft socks keep your feet cozy weather you're having a rainy day or not.



# Self Reliance



This jumpsuit focuses on the importance of Self Reliance and confidence in oneself. Using imagery of feral cats it speaks toward independence and allows the wearer to feel confident with themselves.

Self reliance allows us to feel true confidence in ourselves and allows us to embrace our true identities with the need for outside validation

ourselves we also gain the skills necessary to help others as well as receive help ourselves.

Self Reliance does not have a singular definition but it consists of three important factors; thinking independently or trusting yourself, embracing individuality, and striving for your own goals freely. Self Reliance goes hand in hand with self-acceptance and the ability to feel happy by yourself, with yourself, and about yourself without the need for outside validation.

We must be able to rely on ourselves and strive to accomplish our own goals without fear of judgment from others in order to feel true confidence in ourselves.

By gaining the ability to rely on





# Relying on Others



This jumpsuit allows the wearer to embrace the importance of companionship and relying on others.

Companionship is a vital connection with someone that gives us a sense of closeness. While this closeness is one of our basic human needs it is often hard for us to embrace.

truly terrifying.

Through embracing vulnerability and allowing this closeness we are able to not only allow ourselves to grow emotionally but also help others grow in the process.

This jumpsuit allows the wearer to embrace the importance of companionship and relying on others. The characters Zoe and Steph show true companionship through various scenes of them relying on each other.

Companionship is a vital connection with someone that gives us a sense of closeness. While this closeness is one of our basic human needs it is often hard for us to embrace true closeness out of fear of rejection or loss, as to truly embrace companionship we must allow ourselves to be vulnerable enough to allow for true closeness and let's face it vulnerability can sometimes be









# Asking for Help

This jumpsuit speaks to learning to help someone in emotional distress without also falling in too. As well as knowing yourself well enough to know when to ask for help yourself.

It is often hard for us to feel comfortable asking for help due to anxiety around being seen as a burden. However, the ability to ask others for help, while difficult, is extremely important.

and feeling comfortable asking others for help we not only help ourselves grow but also help our friends grow and foster healthier relationships.

This jumpsuit speaks to learning to help someone in emotional distress without also falling in too. It is about having the compassion to help others but also being able to have necessary boundaries and knowing yourself well enough to know when to ask for help yourself.



It is often hard for us to feel comfortable asking for help due to anxiety around being seen as a burden. However, the ability to ask others for help, while difficult, is extremely important in ones journey toward emotional growth.

Through learning our boundaries





# Emotional Growth



Through bright blossoming patterning, this jumpsuit instills confidence in the wearer and allows them to truly blossom.

Emotional growth is the ability to recognize, express, and manage our full range of emotions as well as develop meaningful relationships with others.

the importance of optimism and goal setting. Through this the jumpsuit allows the wearer to feel the power of confidence and feelings of accomplishment.

This jumpsuit represents the goal that we all strive for, emotional growth. By working on ourselves and learning to be comfortable relying on others, relying on ourselves, asking for help, and embracing emotion we can achieve our emotional goals.

Through bright blossoming patterning, this jumpsuit instills confidence in the wearer and allows them to truly blossom. This jumpsuit acts as the accumulation of the skills learned from the previous jumpsuits, the cake to the recipe so to speak.

This jumpsuit's bright patterning and fun characters speaks towards





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