

Emotional Health



EMOTIONAL HEALTH - The awareness, understanding and acceptance of our feelings. Emotional wellness is a key element in maintaining a healthy balance in our lives and relationships. We are constantly changing and growing throughout the life span.

Strategies for developing and maintain emotional wellness include:

- **Being mindful of thoughts and feelings**
- **Expressing feelings effectively**
- **Managing emotions and reactions**
- **Staying optimistic and using a positive attitude**
- **Coping with stress in a healthy way**
- **Using relaxation and self-care**
- **Learning and growing from experiences**
- **Adjusting to change and enjoying life**
- **Obtaining support from family, friends, or the community**
- **Remembering to laugh**

Emotional Wellness Quiz:

1. **I have a sense of fun and am able to laugh at some of the situations I find myself in?**

2. I don't judge others based on my expectations of them?
3. I generally face problems directly?
4. I cope with change effectively?
5. I have a positive self-image?
6. I can speak up for my needs?
7. I do not hold grudges?
8. I have several people in my life that I can count on for support?
9. I am generally optimistic about myself and future?
10. I can effectively express both my positive and negative emotions?

If you answered yes to 8 or less – there is room for improvement.

Tools for Emotional Health

- Engage in positive self-talk
- Seek emotional support when necessary.
- If you like animals, adopt a pet – they love unconditionally
- Pamper yourself regularly – take a walk, soak in a bath, get a massage, positive daydreaming.

For Professional Counseling call One Source EAP 1-800-300-0628