



EMOTIONAL WELLNESS CHECKLIST

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



BRIGHTEN YOUR OUTLOOK

Experts say that people who are “emotionally well” have fewer negative emotions and are able to bounce back from difficulties faster – a quality known as resilience. Emotional wellness also means being able to hold onto positive emotions longer and appreciating the good times.

TO DEVELOP A MORE POSITIVE MINDSET

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- Register for the *Resilient Gator Program* to learn more.