



# 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:



## GET QUALITY SLEEP

*There are only so many hours in a day and so much that needs to get done. Oftentimes, sleep is the first thing sacrificed to meet deadlines. Sleep plays an important role in emotional and mental recovery as well as physical rest. When we are sleepless and tired, it makes it hard to think clearly, focus and respond effectively.*

## TO GET BETTER QUALITY SLEEP

- Go to bed at the same time each night and get up at the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. A warm bath or reading might help.
- Avoid alcohol and stimulants such as caffeine late in the day.
- Avoid nicotine.
- Consult a health care professional if you have ongoing sleep problems.
- Explore our [Good Night Gators Program](#) to find strategies to improve your sleep habits!