



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:



REDUCE STRESS

Everyone feels stressed from time to time, and stress can vary in its effect. However, if the stress lasts for a long time – a condition known as chronic stress – it becomes harmful rather than a helpful instance of high alert. Learning healthy ways to cope with stress can also boost your resilience.

TO HELP MANAGE STRESS

- Get enough *sleep*.
- Exercise regularly. Just 30 minutes a day of *walking* can boost mood and reduce stress.
- Build a *social support network*.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you've accomplished at the end of the day, not what you've failed to do.
- Try *relaxation methods*. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a *mental health professional* if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope