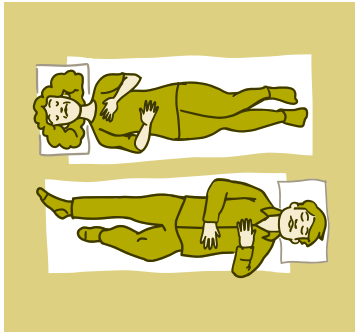


# Emotional Wellness Checklist

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. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

### TO HELP MANAGE STRESS:

- Get enough sleep.** Adults need 7 or more hours each night, school-age kids need 9-12, and teens need 8-10.
- 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.
- Show compassion for yourself.** Note what you've accomplished at the end of the day, not what you didn't.
- Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises,** like yoga or tai chi.
- Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.