

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:



BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

TO BUILD RESILIENCE:

- Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- Take time for yourself each day.** Notice the good moments. Do something you enjoy, like reading or listening to music.
- Look at problems from different angles.** Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes.
- Practice gratitude.** Take time to be thankful each day.
- Explore your beliefs about the meaning and purpose of life.** Guide your life by the principles important to you.
- Tap into social connections and community.** Surround yourself with positive, healthy people. Ask for help when you need it.