



# Emotional Wellbeing

The type and intensity of emotions you feel can have a profound impact on your overall health and wellbeing.

Practicing emotional self-care means being able to recognize and express a wide range of emotions and then move forward in a way that honors yourself and your emotions. It is the gracious act of allowing yourself to feel your emotion for what they are – with little to no judgement.

While checking-in on your emotional wellbeing, attempt to be in the present. Have awareness about the emotions you are experiencing at that very moment in time. Imagine turning toward your emotion and then watch it pass by as you let it go. Give yourself permission to acknowledge the emotion, as well as, release it as it floats by.

As is the case with most self-care, the key is to practice emotional self-care, as well as, self-compassion.

**Some activities in this area include:**

- finding things that make you laugh like watching a comedy, sharing a joke, or recounting a funny experience.

**When checking in on emotional wellbeing ask yourself these questions:**

1. What emotions have you experienced today?
2. How did you respond to each emotion?
3. Were you satisfied with your response?
4. Are you aware of other people's feelings?
5. Are you able to experience life with a positive attitude most of the time?

- cultivating gratitude – try a gratitude journal.
- practicing how to effectively communicate how you are feeling.
- trying a yoga or meditation practice to be present with your emotions.
- accepting that negative emotions won't last forever and you can let them come and go without acting on them.