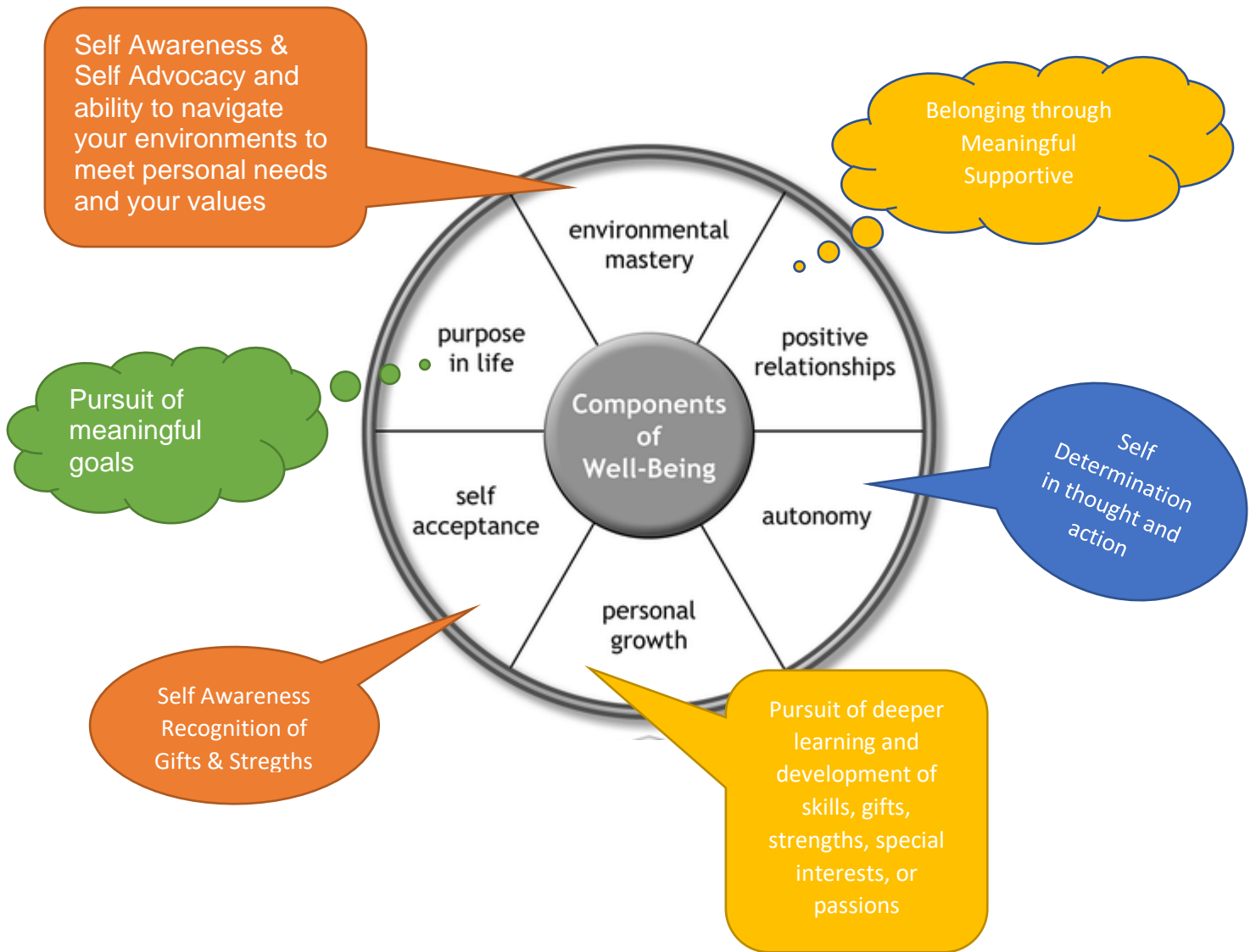


Psychological Well-Being – Mental Health - The Ryff Scales of – adapted



Emotional Wellness

Emotional wellness involves both developing an awareness of your feelings and choose your response to everyday interactions. This is also known as self regulation.

Awareness is the first step in understanding why you are feeling the way you are. It is simply noticing what you are feeling and giving it a name.

Next you may want to notice the intensity of the emotion/feeling and identifying the triggers.

Over time and with the use of various tools and practices, you can begin to regulate the intensity of what you are feeling, and actively choose your response.

You can foster your emotional wellness by:

- Taking time to yourself to quiet your mind and reflect.
- Smiling and laughing! Sometimes humor is the best medicine to decrease stress and put life's challenges in perspective.
- Seeking or accepting help and support from others when needed.
- Sharing your thoughts and feelings with someone you trust. Remember to listen to others' emotions too.
- Practicing gratitude.
- Accepting mistakes and learning from them for next time.
- Taking care of your body. Eating, being active, and sleeping – your mental & physical well-being are interconnected.
- Being kind to yourself.