

BUILDING MENTAL HEALTH

Recognize the Power of Thoughts and Emotions



Work on emotional health.

Find effective ways to cope with and manage all emotions – positive and negative.

Broaden your emotional vocabulary.

Accurately name what you feel, accept it, and deal with it rationally.

Distinguish between thinking and worrying.

Thinking is about reflection. Worrying creates anxiety and negativity.

Worry constructively.

Write worries down, analyze them, and brainstorm solutions to address them.

Build a positive mindset.

Nurture your body, and focus on purpose, growth, and gratitude.