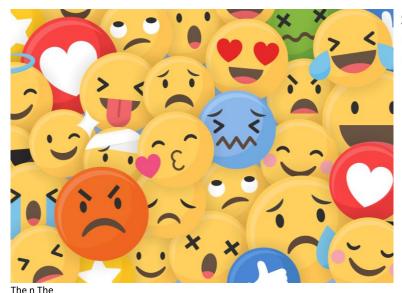# MANAGE YOUR EMOTIONS
How to Work on Emotional Health

Emotional health is your ability to cope with and manage both positive and negative emotions. When you are emotionally healthy, you can deal with the stresses of everyday life as well as the larger challenges that you inevitably will face in life. You can keep problems in perspective and bounce back from setbacks.

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Some of us struggle with emotional health and it's helpful to know some warning signs that signal the need to work on this aspect of our well-being.

- Isolating yourself from friends or family members
- Lower energy levels than usual
- Sleeping too much or too little
- Eating too much or too little
- Increased use of substances
- Racing thoughts
- Lower performance at work or school
- More interpersonal conflicts than usual
- Feelings of irritability, guilt, or worthlessness
- Neglecting personal care

What To Do To Maintain or Improve Your Emotional Health

In addition to learning how to name your emotions so you can manage them appropriately, there are other activities and lifestyle choices that can support your emotional health.

1 **Strive for balance.** Try to find a healthy balance between work and play, and between activity and rest. Life will always come with stressors. Make time for things you enjoy and that bring you calm as well.

2 **Stay connected.** We need positive connections with others – especially in person. Plan time with family, meet up with friends, join a group based on shared interests. A sense of community is important for our well-being.

3 **Meditate.** If that's not your thing, try journaling or even an outdoor walk by yourself. The point is engaging in an activity that helps you notice your thoughts and emotions.

4 **Watch your self-talk.** How you talk to yourself changes your mindset, so steer away from the negative. Work on creating a positive image of yourself with your words and your thoughts may soon follow.

5 **Find meaning and purpose.** Discover what's important to you and focus on it. It could be your work, your family, volunteering for a certain cause. Spend time doing what feels meaningful to you.

6 **Move and sleep.** Exercise for at least 30 minutes each day. Movement helps your brain function optimally. And make sure you get your sleep. Lack of sleep lessens your ability to process emotions.

7 **Set personal goals.** Goals are positive motivators, so give yourself something to strive for. Be sure to celebrate your achievements, which helps reinforce positive feelings and boosts self-esteem.

WORKPLACE WELLNESS MEMBERSHIP

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