

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:



REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

TO HELP MANAGE STRESS:

- ❑ **Get enough sleep.**
- ❑ **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- ❑ **Build a social support network.**
- ❑ **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- ❑ **Think positive.** Note what you've accomplished at the end of the day, not what you've failed to do.
- ❑ **Try relaxation methods.** Mindfulness, meditation, yoga, or tai chi may help.
- ❑ **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.