

## EMOTIONAL WELLNESS TOOLKIT

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*How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are some strategies for improving your emotional health:*

### Brighten your outlook

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. To develop a more positive mindset:

- **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- **Spend more time with your friends.** Surround yourself with positive, healthy people.
- **Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- **Remember your good deeds.** Give yourself credit for the good things you do for others each day.

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Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable.

A spoon of salt in a lake is almost unnoticed.

- Buddha

Quotes sourced from *Self By Design*

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## June's Book Recommendation

### Emotional Intelligence

by  
Daniel Goleman

*Drawing on groundbreaking brain and behavioral research, Goleman shows the factors at work when people of high IQ flounder and those of modest IQ do surprisingly well. These factors, which include self-awareness, self-discipline, and empathy, add up to a different way of being smart—and they aren't fixed at birth. Although shaped by childhood experiences, emotional intelligence can be nurtured and strengthened throughout our adulthood—with immediate benefits to our health, our relationships, and our work.*

## 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**
- **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.

## Strengthen social connections

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being. To build healthy support systems:

- **Build strong relationships with your kids.**
- **Get active** and share good habits with family and friends.
- **Join a group** focused on a favorite hobby, such as reading, hiking, or painting.
- **Take a class** to learn something new
- **Volunteer** for things you care about in your community, like a community garden, school, library, or place of worship.

## Be mindful

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started. To be more mindful:

- **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- **Find mindfulness resources** in your local community including yoga and meditation classes, mindfulness-based stress reduction programs, and books.
- **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.

**For more information or advice, contact eni online at:**

**[www.eniweb.com](http://www.eniweb.com)**

## CDC Public Service Announcement

# Be Kind to Your Mind

Tips to cope with stress



### PAUSE

Breathe. Notice how you feel.

### TAKE BREAKS

from COVID-19 content.

### MAKE TIME

to sleep and exercise.

### REACH OUT.

and stay connected.

### SEEK HELP.

if overwhelmed or unsafe.