

KEEPING YOUR EMOTIONAL HEALTH

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Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.



Emotional Health

Being emotionally healthy doesn't mean you're happy all the time. It means you're aware of your emotions. You can deal with them, whether they're positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings. They can tell when a problem is more than they can handle on their own. They also know when to seek help from their doctor.

Research shows that emotional health is a skill. There are steps you can take to improve your emotional health and be happier.

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Life is ten percent what you experience and ninety percent how you respond to it.

- Dorothy M. Neddermeyer

Quotes sourced from Self By Design

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July's Book Recommendation

The Untethered Soul

by
Michael A. Singer

Whether this is your first exploration of inner space, or you've devoted your life to the inward journey, this book will transform your relationship with yourself and the world around you. You'll discover what you can do to put an end to the habitual thoughts and emotions that limit your consciousness. By tapping into traditions of meditation and mindfulness, Michael A. Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization.

Path to Improved Health

Emotional health allows you to work productively and cope with the stresses of everyday life. It can help you realize your full potential. It helps you work with other people and contribute to society.

It also affects your physical health. Research shows a link between an upbeat mental state and physical signs of good health. These include lower blood pressure, reduced risk of heart disease, and a healthier weight.

There are many ways to improve or maintain good emotional health.

- **Be aware of your emotions and reactions.** Notice what in your life makes you sad, frustrated, or angry. Try to address or change those things.
- **Express your feelings in appropriate ways.** Let people close to you know when something is bothering you. Keeping feelings of sadness or anger inside adds to stress. It can cause problems in your relationships and at work or school.
- **Think before you act.** Learn relaxation methods to cope with stress. These could include deep breathing, meditation, and exercise.
- **Strive for balance.** Find a healthy balance between work and play, and between activity and rest. Make time for things you enjoy. Focus on positive things in your life.
- **Take care of your physical health.** Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol. Keep your physical health from affecting your emotional health.
- **Connect with others.** Make a lunch date, join a group, and say hi to strangers. We need positive connections with other people.
- **Find purpose and meaning.** Figure out what's important to you in life, and focus on that. This could be your work, your family, volunteering, caregiving, or something else. Spend your time doing what feels meaningful to you.
- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes and forgive others. Spend time with healthy, positive people.

Questions to Consider

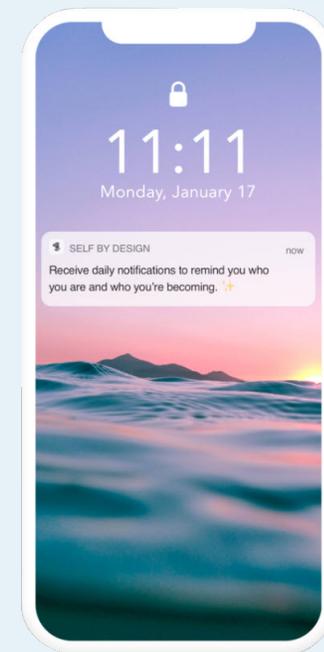
- What steps should I take to improve my emotional health?
- Should I see a therapist or counselor?
- How does my physical health affect my emotional health?
- What stress management techniques would work best for me?

For more information or advice, contact eni online at:

www.eniweb.com

Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGen EAP Mobile App**



Integrated into our NexGen EAP mobile app, [Self By Design](#) is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.