



## NexGen EAP: Emotional Health & Wellness

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.

### Tips for Improving Your Emotional Health:

- **Manage stress.** Try to change situations causing you stress. 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.** Your physical health can affect your emotional health. Exercise regularly, eat healthy meals, and get enough sleep. Don't abuse drugs or alcohol.
- **Stay positive.** Focus on the good things in your life. Forgive yourself for making mistakes, and forgive others. Spend time with healthy, positive people.
- **Ask for help.** Reach out to resources like your *Employee Assistance Program* for Counseling Services and support for finding the best methods that work for you.

To learn more about NexGen EAP and how it can improve your organization, contact us today!