

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:

BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties

TO BUILD RESILIENCE:

- **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- **Take time for yourself each day.** Notice the good moments. Do something you enjoy, like reading or listening to music.
- **Look at problems from different angles.** Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes.
- **Practice gratitude.** Take time to be thankful each day.
- **Explore your beliefs about the meaning and purpose of life.** Guide your life by the principles important to you.
- **Tap into social connections and community.** Surround yourself with positive, healthy people. Ask for help when you need it.