

MYSTERY SOLVED!

Emotional Health



Good Emotional Health- No Need for Caution Tape!

People who are emotionally healthy are in control of their emotions and their behavior. They are able to handle life's challenges, build strong relationships, and recover from setbacks.

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Clue 1: Resilience

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good. This ability is called **resilience**. One of the key factors in resilience is the ability to balance stress and your emotions. Another key factor is having a strong support network.

Clue 2: Physical and emotional health are connected

- **Get enough rest.** Most people need seven to eight hours of sleep each night.
- **Learn about good nutrition and practice it.** The more you learn about what you eat and how it affects your energy and mood, the better you can feel.
- **Exercise to relieve stress and lift your mood.** Exercise is a powerful antidote to stress, anxiety, and depression. Look for small ways to add activity to your day.
- **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day.
- **Limit alcohol and avoid cigarettes and other drugs.** These are stimulants that may unnaturally make you feel good in the short term, but have long-term negative consequences.

Tip 3: Take care of yourself

- **Do things that positively impact others.** Being useful and valued for what you do helps build your self-esteem.
- **Practice self-discipline.** Self-control naturally leads to a sense of hopefulness.
- **Enjoy the beauty of nature or art.** Simply walking through a park, an art gallery, or sitting on a beach can lower blood pressure and reduce stress.
- **Manage your stress levels.** Stress management strategies can help you bring things back into balance.
- **Limit unhealthy mental habits like worrying.** Negative thoughts about yourself and the world that suck up time, drain your energy, and trigger feelings of anxiety, fear, and depression