

MENTAL WELLNESS & EMOTIONAL WELLNESS



By The American Institute of Health Care Professionals, Inc.

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Introduction to Mental Wellness

Your mental health guides your thoughts, emotions, and behaviors. How you treat your body also directly influences your mind, too.

All of these factors combine to affect how well you are coping with anxiety, stress, and challenges as well as celebrating the good things in your life. Taking care of your mental health, therefore, is crucial.

100 Things To Do To Promote Mental Wellness

Here are the top 100 things you can do to promote your mental wellness in the new year.

Practice meditation and relaxation techniques

Deep breathing exercises, meditation, and other forms of relaxation are effective ways to reduce stress and promote better sleep. Meditation, once you learn the basic technique, is a simple strategy you can do in many different places and can provide you with inner peace and focus in a short time.

Walk away from the screen

Virtual interactions on your phone, tablet, or computer screen are no substitute for the real-life relationships you have. Get out from behind your screen regularly to talk with and enjoy the company of people in real life, and you will feel more connected to humanity.

Be sure you are getting plenty of sleep

Without proper rest, your mind and body can start to suffer ill effects rather quickly. Lack of sleep leads to depression and anxiety as well as confusion and overall cognitive impairment. When you don't sleep enough, you just don't feel like yourself, so be sure you are getting plenty of shut-eye.

Pay attention to what you are and are not eating

Your diet has a profound effect on your mental wellness. Not only can eating unhealthy foods affect your body, but they also disrupt your sleep, rob you of energy, change your mood, throw your hormones out of balance, and lower your immune system. All of these can leave you feeling lethargic, sad, and confused. Focus on eating healthy foods, including those high in vitamins and minerals as well as healthy fats, which your brain needs.

Spend some time alone

If you are used to going at full speed all day long and are always focused on doing what needs to be done for others, you need to take some time for yourself each day to decompress. Set aside time for yourself during which you relax and think only about yourself and your needs. This can lower your stress level and promote a more positive mental outlook.

Have realistic goals for yourself and work to achieve them

Goals provide you with a purpose and sense of direction in life. Without goals, you are essentially wandering or allowing life to just happen to you. Set a few critical, meaningful, and attainable goals for your personal or professional growth, and devise a plan that will help you achieve them. Keep working regularly to make progress toward reaching these.

Give selflessly

Volunteering your time or donating to a particular cause provides you with a sense of accomplishment and purpose. When you help someone else in this world, it makes you feel pride and positivity, which promotes mental wellness.

Drink coffee each morning

Those who drink one cup of coffee each morning are more likely to have a more positive mental outlook and less likely to suffer from depression. If you don't like coffee or can't have caffeine, green tea has been shown to produce similar positive results.

Straighten up

A cluttered home or workspace can create undue stress and anxiety. Take ten minutes to straighten up, throw away trash, and return items to their rightful places. Clear the clutter, and your brain will start to feel clearer, too. Cleaning provides you with a sense of control and order that promotes positivity.

Get out of your routine

While doing things the same way all the time can help you feel more efficient and secure, they also create a sense of tediousness and boredom that influences your mental state. So, change things up a little bit to keep things interesting and provide you with something new and different to look at or think about.

Imagine your ideal vacation

Sometimes, a mental vacation can be just as beneficial as the real kind, without having to pack a bag. Visualize your perfect holiday. Imagine how you would feel while visiting there, what you would see, hear, smell, and taste. You can even research your destination and consider planning a trip in the future. This type of mental exercise calms you and reduces anxiety, which can help you cope with stressful circumstances.

Get active

Exercise is a useful tool for promoting physical as well as mental wellness. Moving your body regularly improves blood flow, releases endorphins, and reduces stress levels. Getting exercise outdoors has the added benefit of exposing your skin to sunlight, which helps you make Vitamin D, which is crucial for mental wellness.

Keep a gratitude journal

Make a daily habit of writing down at least three things for which you are grateful. Focus on what you were able to accomplish or made you happy each day to keep your outlook positive.

Dance

Turn up the music and dance around your house. Get down while you are doing housework, while making dinner, or when you are getting dressed in the morning. Dancing releases endorphins and reduces stress.

Read

Escape your stressful life for a while by digging into a good book. Reading is a great way to decompress and keep your mind active while taking time for yourself.

Stretch those muscles

Giving your muscles a good stretch several times a day is an excellent way to improve your mental wellness. Stretching boosts your energy level and keeps your muscles and joints happy, which makes you feel better and healthier.

Soak it up

Taking a long, hot bath once a week is a great way to relax. You can add Epsom salts or bath beads to boost circulation and soothe tired muscles. Epsom salts also increase your magnesium levels, which is excellent for your mental health, too.

Attend to your spirit

Whether you are religious or not, your spirituality is a part of your mental wellness. Connect with what you believe to be significant on a regular basis to take care of your spirit.

Spend time with friends

Social interactions with friends, in real life and not online, can dramatically reduce your stress levels and improve your mental wellness. Talking and spending time with another person, especially one you care for and trust, releases essential hormones that tamp down stress and alter your mental state.

Forgive

Whether the wrong-doer is you or someone else, let go of your grudges and hard feelings about the past and practice forgiveness. Forgiveness is a sign of mental health, and learning to let go is a wonderful way to be more satisfied in life.

Get Your Stress Under Control

We each handle stress differently, and what you may find relaxing is likely different from someone else. But, find what works for you and get your stress under control. Yoga, Tai Chi, exercise, keeping a journal, and spending time outdoors are some stress-busting activities you can try.

Spend time with a pet

Animals are a great way to improve your mental wellness. Petting and playing with a four-legged friend lower the levels of stress hormones in your body and stimulates happiness. Borrow a pet from a friend or volunteer at an animal shelter if you don't have a pet of your own.

Assemble a puzzle

Set up a large jigsaw puzzle at home or work. Encourage others in your family or co-workers to help you put it together. Puzzles are great exercise for your brain, and this activity gives you a reason to interact with others and work together to solve a problem, which is great for your mental state.

Take the stairs

If you work in a multi-level building, take the stairs when you need to change floors, instead of taking the elevator. This exercise is good for your body and brain, and the change of environment is necessary for keeping your mind energized.

Cultivate good friends

Having a supportive network of close friends can significantly improve your mental wellness. Knowing you have someone you can lean on in a crisis or who will listen when you are struggling is crucial to happiness and life satisfaction.

Explore your town like a tourist

Many times, people who live in a place for a long time don't even realize the cool things that are right in their own hometown. Get out and explore your city and you will appreciate your locale even more.

Start the day off right

To avoid the rush of the morning preparations, prepare as much as you can the night before. Pack lunches, lay out clothes, place workout clothes in easily accessible places, and make sure devices get charged overnight. Having a morning routine can help you get your day started smoothly and eliminate unnecessary stress.

Engage your senses

Whether you find the smell of coffee or the sound of music uplifting, appeal to all your senses to boost your mood. From sights to sounds, smells to tastes, we all respond to sensory input differently. Learn to recognize those that enhance your spirits and reach for them when you are feeling down.

Tell someone "thank you"

Thanking someone for something they did for you or that was kind is a wonderful way to boost your own mood and also improve that of someone else. Send them a thank-you card, drop them an email, or just stop by and say "thanks."

Find your purpose

Having a purpose or knowing your meaning in life is essential to your brain health and mental wellness. It's what gets you out of bed each day excited to take on the world. Find out what excites you and how you can derive meaning in life, and go after that.

Spend more time outside

Spending 30 minutes a day has been proven to improve mood and promote healthier emotions. Walk through your neighborhood, spend time in your local park, get out into the woods, or ride your bike around a local lake. Spending time outside reduces depression and boosts well-being.

Take a break

Stepping away from a stressful situation is a great strategy for dealing with negative emotions. It's also helpful when you have been at a task for an extended period. Taking periodic breaks, especially when the tension gets too high, is excellent for your mental health and mood.

It's okay to yawn

Research indicates positive effects of yawning, including improving alertness and the efficiency of cognitive activities. So, don't stifle that yawn next time.

Prioritize your leisure time

Don't forget to do fun things that you enjoy. Every day should include at least one thing you enjoy doing, whether it's listening to music, walking in the woods, watching a funny movie, or working on a hobby. Play is necessary for emotional and mental health.

Laugh a lot

Laughing makes you feel good, helps you learn more, improves memory, and lowers your stress levels. Find something funny every day and cultivate social connections that bring you joy and laughter.

Be kind to yourself

Treating yourself kindly and with respect means you value who you are. Focus on ways to prop your inner-self up rather than break yourself down. Watch how you talk to and about yourself, both in your inner monologue and to others.

Learn something

Keeping your brain engaged is essential for mental wellness. Pick up a new hobby, learn a new topic or skill, or take a class in an area of interest. Learning tends to become limited and narrow as we age, so use your time to expand your knowledge in new ways.

Keep away from bad habits

Smoking, drinking alcohol to excess, and using drugs recreationally are all ways to interfere with your mental wellness. Not only are these habits bad for your body but they also have a significantly negative impact on your mind. Avoid these at all costs.

Just breathe

Set periodic reminders on your phone or computer to take a breathing break. Several times per day, stop what you are doing and sit still for at least two minutes to focus on nothing but your breathing. This lowers stress and also relaxes your brain and body.

Work on your posture

Sitting or walking with a slouch leads to feeling sluggish, anxious, and even depressed. Just changing your body language can change your attitude. Work on sitting up straighter at your desk and walking with your head high to combat these subtle signals your body sends to your brain.

Take a nap

Brief periods of sleep during the day are not for the lazy, they are for those who need to refresh their minds. 45 minutes seems to be the optimal time for napping, and taking a short sleep like this can help your outlook and overall mental well-being.

Be kind to others

Helping others is not only beneficial to the receiver but also to your mind. Being kind and helpful builds your self-esteem and provides you with a sense of meaning and purpose.

Play a video game

While playing excessively can lead to problems, occasionally playing a video game can enhance your sense of accomplishment and teach you new skills. Video games are popular for a reason, so find the right game for you and spend a few hours a week playing, if you enjoy it.

Get creative

Engaging in creative activities is an excellent way to stimulate your mind and express yourself. Whether you enjoy painting, coloring, writing, drawing, or building something, just let your mind go and your creativity take over.

Quiet the chaos in your mind

Whether you prefer meditation, prayer, or some other mindfulness activity, when things become too hectic, take the time to quiet your mind so that you can focus and thrive.

Focus on just one thing

Practicing mindfulness, when you focus on one thing at a time, helps you release negative emotions and anxiety that can be clouding your mind. When you are doing your daily routines, focus just on that task and nothing else. Be mindful of how you are performing these habits. Don't allow your mind to wander. Over time, you can train your brain to focus more completely on the present.

Say something nice

Set a reminder on your calendar each day to think of a positive compliment to pay to a friend, colleague, or family member. When you give compliments, you help improve the other person's self-esteem and also enjoy positive benefits for your own mental health.

Plan a vacation

Getting away doesn't have to be complicated. Go camping with friends, take a weekend at a nearby fun place, or go all the way to the tropics for a week, but plan a trip. The act of planning gives you something toward which you can look forward, and you will feel better knowing it is coming. Plus, the vacation itself is a chance to relax and unwind.

Keep cool

To sleep better and improve your mental alertness and well-being, you should sleep in a room that is between 60° and 67° Fahrenheit. This allows you to sleep more deeply, which is when your mind rests and rejuvenates the best.

Write about it

Many people find the act of writing to be therapeutic. Whether you prefer a physical or electronic journal, such as a blog, learning to express yourself can help your mental wellness in many ways. You don't have to share what you write with anyone else, but it's a place to record your thoughts and work through your emotions.

Exercise

When you move your muscles, your body releases hormones that reduce stress and improve your mood and mental outlook. Finding ways to integrate exercise into your daily routine will help you maintain a steadier mental state throughout your day, and you will enjoy the benefits of improved circulation, as well.

Sing

Whether you sing in the shower, go to a karaoke lounge, or belt out a tune in the car or kitchen, singing improves your mood and relieves stress. So, turn that music up and sing like no one is listening.

Ask for help

When you are struggling with a problem, or when your mental health is on shaky ground, ask for help from others. Seeking help shows strength and courage, so you should not be ashamed. Whether you get help from a friend or a professional, it is essential to address problems, so they do not linger and grow.

Create a display

Find images of a place that inspires or calms you and hang these in your workspace or another area you see regularly. You can include pictures of people you care for or scenes that depict specific memories you love. Use this visual reminder to center you when things are stressful or when you need a mental break.

Focus on the positive

When you allow negative thoughts to creep in, they can quickly multiply and affect your mood and outlook. Negativity even influences your health and how you behave. Focus on the positives in your life and be proactive in your actions, and you will stay optimistic toward your future.

Become a joiner

Joining groups helps you develop your interests, meet new people, and learn new things. There are tons of groups dedicated to specific topics or activities. Use social sites like MeetUp, Eventbrite, Groupspaces, and others to find activities and people with similar interests as you.

Soak up the sun

Exposing your skin to just 15 minutes per day of sunshine, before you apply your sunscreen, allows your body to produce Vitamin D, which is necessary for mood and mental function.

Play a game

Games, puzzles, and mental challenges are a great way to keep your mind sharp, to lower your stress, and to promote neural plasticity. Crosswords, other word games, and board games are all excellent choices, and when you play with others, that's good for your brain, as well.

Plant something and watch it grow

Planting a garden, herbs, or flowers is good for your brain as well as the earth. Having something green to look at reduces stress and calms anxiety while being responsible for supporting a plant while it grows gives you purpose and something toward which to look forward.

Find joy in everyday moments

Those with the highest sense of mental wellness are people who can see happiness and positivity in even the simple things in life. Look for the joy in every situation, find satisfaction in the simplest of tasks. Seek positive moments and you will feel more positive in your life.

Have a sleep routine, and stick to it

Going to bed on time is one way to improve your mental wellness. Because sleep is crucial for restoring your body and your mind, you must value this activity. Going to bed and waking at the same time every day reinforces your body's natural sleep-wake cycle, which means you are more likely to sleep better and longer.

Boost your resilience

We all face challenges in our lives, and finding ways to overcome these obstacles and move forward is being resilient. If you are not very resilient, you can improve your overall mental wellness by learning coping strategies that enhance your sense of resiliency.

Shake it off

When you are feeling stressed or tense, just stand up where you are and shake your body all over. This simple action releases tension in your joints and muscles and provides a mental break from your stressful activity.

Drink plenty of water

Your brain needs water for proper function, and without sufficient water, you can feel confused, forgetful, and irritable. Be sure to drink at least eight eight-ounce glasses of water throughout your day to remain sufficiently hydrated.

Blood flow increases brain activity

If you are stuck on a problem or trying to brainstorm new ideas, go for a brisk walk. The physical activity encourages new ideas and novel ways of thinking, so the next time you're stuck on something, walk it off.

Let it go

If you have been worrying over something or something has been bothering you for some time, let it out. Write it down, talk to a friend, or just talk to yourself in an empty room, but get those negative thoughts out of your head and into the world. This act of releasing your ideas can be a powerful catalyst for letting it go and moving on.

Eat more omega-3 fatty acids

The fatty acids found in cold-water fish, flaxseed, and other foods are not only good for your heart and gut but also your brain. Omega-3 fatty acids reduce depression and lower the risk for dementia.

Write positive notes to yourself

Leaving yourself positive messages is a way to boost your self-esteem and encourage positive thoughts. Place notes on your mirror, next to your computer, near the coffee machine, or wherever else you will see them regularly.

Get inspired

Sign up to receive daily or weekly inspirational messages, quotes, or thoughts. Reading positive words and hearing from positive role models boost your morale and increases your motivation.

Make new friends

If you feel lonely, reach out to your acquaintances to build some new friendships. Lots of people find it difficult to make new friends as adults, and most people will appreciate that you have broken the ice and tried to connect. You can make new friends with neighbors, co-workers, or even reconnect with a friend from your past.

Spend time with family

Whether your family by birth, marriage, or choice, those you call your tribe can help you stay centered, lower stress, and remind you of your values and goals. Share a meal, play a game, or just hang out, but spending time with family is good for your mental health.

Try something new

Trying your hand at something new is stimulating to your mind. Make a new recipe, try out a new hobby, or find a fun craft project online to attempt. Learning new things is vital to mental health, and you may find a new interest from it, too.

Plan something

Having something toward which you can look forward creates anticipation and hope. You can plan whatever you enjoy- a party, a trip, a home improvement project, or a personal journey. The act of planning is therapeutic, and you'll have something to keep you motivated moving forward.

Eat more chocolate

Consuming a small amount of dark chocolate per week is excellent for your brain. Dark chocolate that contains at least 70 percent cocoa contains beneficial flavonoids and other compounds that your brain needs for concentration and mood.

Build your strengths

Starting a personal growth plan to build your strengths improves your self-confidence and provides you with purpose. Personal development provides you with goals and something to do each day.

Share the love

Tell someone you love how much you appreciate them. This act can help strengthen your relationship as well as leave you feeling satisfied that you were honest about your feelings with another.

Say something positive to yourself

The words you use to describe yourself and talk to yourself have a profound impact on your self-worth and confidence. Tell yourself something positive every day, and you will notice you feel better about yourself. Words have power, so use them wisely when it comes to your self-talk.

Dedicate time to reflection

Every day, you should dedicate some time to reflecting on your own mental state. How are you feeling? What are you having difficulty with and where are your successes. Reflection is an important part of growth and development, which is how we improve our mental wellness.

Do something every day

You can do something every day that is good for your mental health. Start today and pick one thing that you know will lower your stress or help you solve a problem. Do that one thing. Feeling like an active participant in your life is crucial for mental wellness.

Do something that scares you a little

Facing fear and overcoming it can help you develop resiliency. When you choose to do something that frightens you, you are empowering yourself to overcome that anxiety and try something new. You'll be left with a sense of pride plus a few lessons learned.

Share your feelings with someone

Talking about difficult feelings with someone can help you process and deal with them. Plus, when you share with a trusted friend, you feel closer to them. Developing trust with someone else is an important aspect to mental well-being, so learn to be vulnerable and share with someone how you are doing.

Watch an informative video or listen to a podcast

There are so many great resources today for learning new topics and becoming more informed. From TED talks to podcasts and YouTube videos, there are uplifting and inspirational episodes out there to lift your spirits, inform, and teach you something new.

Do yoga

The practice of yoga has many mental and physical benefits. Learning to pay attention to your body's needs and alter your practice to care for yourself is a crucial tenet of this ancient practice, which has many important life lessons.

Check in with yourself

If you are feeling overwhelmed or like your mental wellness has really taken a hit lately, it may be time to do a self-assessment. There are many good tools online available for self-assessing your mental health and wellness, so explore and find one that works for you. These can help you identify where you need some work as well as provide guidance on how to find wellness in certain areas.

Express your gratitude

Besides keeping a gratitude journal, it is also wonderful to tell others how much you appreciate their work and contributions to your life. Don't be shy in sharing your gratitude with others.

Do something kind

Random acts of kindness can benefit someone else, but they also make you feel better, too. Boost your sense of self and purpose but doing kind things for others without any expectation of thanks in return.

Stop worrying about perfection

While aiming high is a sign of high esteem, being a perfectionist can interfere with your progress and stunt your ability to attain your goals. Let go of the notion of perfection and instead focus on what you can learn from each experience life has to offer.

Redecorate

Changing your environment keeps your brain engaged and sharpens your creativity. Add some new color to your space, hang some new pictures, or rearrange the furniture, but keep things interesting by making some changes.

Pat yourself on the back

Celebrating your accomplishments is a great way to promote your sense of self. Reward your successes, and you will feel more productive, too.

Eat a snack

Sometimes, your flagging mood or confused mental state is related to your nutrition. Eating a healthy snack can boost focus and engagement as well as your mood.

Build competence

When you are good at something, and you perform it well, it boosts your confidence. Do something you're good at for a little jolt of self-esteem.

Take a mental health day

Sometimes, we just need to recharge your batteries. It's okay to need a day off to attend to your mental wellness, just like you would take a day if you were physically ill. Spend the day doing productive and kind things for your mental state, though. Don't just lay on the couch all day.

Practice self-acceptance

Accepting yourself as a unique and valuable person can help you feel better about yourself and provide you with the confidence you need to explore your own identity and be who you really are.

Be your "vacation self" more often

When you go on vacation, you allow yourself the freedom to do things you don't usually do, relax more, and take life as it comes. Work more of these habits into your daily life to enjoy that sense of freedom and relaxation on a regular basis.

Don't let a bad work environment affect you

If you are having trouble at work, talk with your supervisor or the HR department. If your mental health is affecting your ability to perform your job, you should talk with someone to find solutions that may help you be more successful.

Solve the problem

If you are plagued by worry over something, figure out a solution so you can move on. Constant anxiety is not healthy and affects your mental state in many ways, so find a way to solve your problem before it brings you down.

Break a negative spiral with positive thoughts

If you find yourself being brought down by a lot of negative thoughts, stop and think of three positive things in your life right now. It's a chance to hit pause on a stressful moment and gain a little perspective.

Let go of anxiety

If you are worrying over something, take your worries to their logical conclusion by asking, "then what?" By allowing your fear to work all the way to the worst case scenario, you can often see that, even that is something you can solve, so the worry isn't warranted.

Balance the negative with positive

When you are having lots of negative thoughts, counterbalance those each with a positive one. Tell yourself something good for each bad thing you think or say. This will help you see all the good things that you have in your life, which builds resiliency and self-confidence.

Know your strategies

When you are feeling down or struggling with your mental health, you know what things work best for you. Have a list of go-to activities or keep the supplies handy for your favorite techniques, but be ready so you can tackle those problems when they arise.

Introduction to Emotional Wellness

Wellness isn't just about your mental or physical well-being. Your emotional wellness is a vital part of your overall health, and attending to this part of your life should always be a priority.

Becoming more aware of your feelings as well as how to manage them to help you achieve your goals can yield positive results.

100 Things To Do To Promote Emotional Wellness

Here are 100 things you can do to promote emotional wellness in the new year and achieve emotional balance for your total body well-being.

Cultivate your self-esteem

How you feel about yourself and whether you are worthy of good in life is your self-esteem. Protecting and bolstering this part of your psyche is essential to your emotional wellness.

Be realistic

When you have expectations for yourself that are too high, you set yourself up for failure. Setting the bar too low means you are settling for less than you deserve. Focus on developing realistic goals and expectations that will lead to happiness and peace.

Get enough sleep

Sleep provides you with energy, but it also contributes to your ability to control your emotions and regulate your mood.

Meditate

Meditation is not only effective at relieving stress, but it also allows to you get in touch with your emotional state and identify potential problems. A regular meditation practice can teach you to check in with yourself and focus on what you need.

Do yoga

Yoga is another stress-relieving activity that is great for your mind, emotions, and body. Yoga relaxes muscles, connects you to your self, and teaches you mindfulness. 30 minutes three times per week is an optimal routine.

Share your life with someone

Those who have long-time partners experience more joy and satisfaction in life by sharing their time with someone they love. Having a partner who makes you happy can even help you live longer.

Accept yourself and your emotions

As humans, we are capable of many emotions. Emotional wellness means you are capable of experiencing all of them, not just the positive ones. Feel your emotions, don't fight them. This enhances your ability to process all of them thoroughly and move forward.

Let go of your anger

Resentment, grudges, and anger about the past are only holding you back, not lifting you up. Releasing these emotions allows you to accept what happened, acknowledge what you learned from the experience, then move forward without all the toxic energy holding you back.

Be optimistic

Emotional wellness is about all of your emotions, but dwelling on the negative can have detrimental effects. Optimism is a healthy perspective to adopt, as it teaches you how to find solutions and to recognize that all bad situations will turn around someday.

Evaluate your priorities

If you are feeling emotionally unwell, it may be time to examine what you believe to be important in life and let go of activities and priorities that are not aligned with those beliefs.

Be more mindful

Mindfulness practice teaches you to focus on the present, which helps you let go of past hurt and worry about the future. Learning to live in the present can boost your emotional wellness and overall happiness.

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Look to the future

Living in the present is important, but you should always have one part of your mind focused toward the future. Looking back serves no purpose in life, as what has happened cannot be undone, but looking forward means you have plans, can set goals, and have a purpose toward continuing onward.

Let yourself be awed

When you seek out activities that inspire you or leave you feeling awed, you place your emotions and self in perspective of the larger world and its complexities. Watch the night sky, sit on a boat in the ocean, or walk through a museum among masterpieces and you'll see how small your worries are in the grand scheme of things.

Stay connected

Connecting with other people in meaningful ways is one way to stay emotionally healthy. You don't have to be an extrovert to have meaningful connections with others. Having many friends or just a few doesn't matter, as long as you seek out opportunities to engage with them regularly.

Accept change

Change is something that you cannot escape, and rather than being something to fear, you should embrace it as an opportunity to learn and grow. Resisting change can leave you frustrated and then you still have to deal with the change when it inevitably happens anyway. Skip the emotionally draining part and accept that change can be a welcome event.

Use aromatherapy

Diffusing or rubbing essential oils onto your skin or linens can help you relax and deal with your emotions more effectively.

Listen to music

Music is a powerful force for influencing your emotional state. Music can relax or energize you, and making a regular part of your life can help you use music to express your emotions as well as deal with those that are difficult or challenging.

Move on from failure

When you fail, it can leave you feeling hopeless or unworthy of success. To fight back, examine your goals, how your efforts went awry, and what you can learn from the situation. Failure is an opportunity to learn from feedback. That attempt didn't work, so you know what to do differently next time. Dwelling on failures is not emotionally healthy, so analyze what happened, then move on.

Focus on the journey

Those who have emotional wellness are more likely to view life and its many experiences as a journey to be experienced rather than a destination at which to arrive. Life is about the many millions of things that happen to you and how you allow them to influence you, not about what you accomplished in the end. Enjoy the ride, and let the destination take care of itself.

Keep a journal

Writing down your thoughts and questions is an excellent way to reflect on your emotional state and identify areas for focus. Journals are a great therapeutic tool for working through difficult emotions as well as recording your positive thoughts and dreams.

Do something you love every day

Take some time for yourself each day to do something you truly enjoy. It can be as simple as drinking your tea while you watch the trees outside your window or walking around the block but do something that brings you joy each day to nurture your emotional wellness.

Find meaning in what you do

Having a sense of purpose is key to feeling needed and productive in life. In all your roles, consider how what you do has meaning. If it doesn't, consider why you are doing it.

Get moving

Exercise is a great way to improve your mood, regulate your emotions, and help you think more clearly. Exercise reduces stress and releases "happy" hormones that can help you move past a temporary emotional block.

Give to others

When you perform acts of kindness for other people, you feel good, too. Finding a way to be relevant and useful is essential for feeling purposeful in life, so find a way you can do some good in this world.

Get outside

Spending time outdoors keeps you active and also improves your emotional health. Exposure to nature has been proven to enhance mood and lower levels of stress. Spend time in your local parks and green spaces as much as possible to be happier and feel more emotionally in control.

Find your passion

Doing something you love helps you enjoy life and remain content throughout life. Your passion doesn't necessarily have to be what you do for your job; it can be a hobby. But, doing it regularly is essential to feeling satisfaction in life.

Don't let big projects intimidate you

Some people have a hard time pursuing larger goals because they try to tackle everything all at once in pursuit of those dreams. Instead, you have to look at those long-term goals as a process and focus on accomplishing just one thing at a time. Break bigger goals into smaller chunks to make them more manageable.

Surround yourself with positive people

When you have positive people in your life, it is much easier to remain positive yourself. Negative energy from others can bring you down very quickly. Make sure you select people to spend time with who lift you up and support you in all the ways you need.

Separate yourself from what is happening around you

You cannot always control what is going on in your life, but you can control your response to uncertainty or negativity. You are not your problems or your circumstances; you are separate from those. Those things will end, and you will continue on. Learn to focus on what you can control, and don't worry about the rest.

Care for your body

Making healthy decisions for your body means you value your health and think you are worthy of health and fitness. When you allow physical problems to go unattended, this can contribute to emotional distress, too. Take care of your body, and it will take care of you. unattended, this can contribute to emotional distress, too. Take care of your body, and it will take care of you.

Set boundaries

Having firm boundaries allows others to know how to treat you and what they can expect from you as a friend and companion. When you allow others to blur those boundaries, you are not valuing your own needs. Be an advocate for yourself but making your boundaries clear and uncompromising.

Cultivate your gratitude

Feeling appreciative of the things you have in life is an excellent indicator of your emotional wellness. Spend time each day acknowledging those things for which you are grateful. Focus on what is positive in your life. Some people like to keep a gratitude journal, which allows you to review and reflect periodically at what is right in your life.

Be responsible for your happiness

The only person who can make you happy in life is yourself. Don't abdicate that power to others or expect that others are going to contribute to your happiness in the long-term.

Work on your emotional regulation

This skill involves keeping your emotions under control and not allowing them to consume you in ways that influence your behavior. Emotional wellness is about balance, and practicing emotional regulation will enable you to feel emotions without them impacting how you behave.

Treat yourself like you treat your friends

We are often much kinder and more generous to others than we are ourselves. Be as understanding and forgiving of yourself as you are of others.

Drink in moderation

Alcohol is a depressant. While it can help reduce stress in moderate amounts, when you drink to excess, it can exacerbate other emotional problem. Don't drink more than you should and avoid drinking just to feel better, which is never a healthy option.

Learn a new hobby

Hobbies keep life interesting and teach you new skills. Hobbies are something you can be proud about and can boost your self-confidence and esteem, too.

Take a break

When emotional turmoil or stress has you down, it is okay to take a short break. This allows you to gain some perspective, take yourself out of the heat of high emotions, and figure out a course of action without being too emotional.

Talk to someone

If you are going through an emotional time, talking to someone can be extremely helpful. You can speak with a trusted friend or get help from a professional. If your emotional health is suffering severely, it's best to talk with a trained counselor or psychologist who can help you deal effectively with your issues.

Practice re-framing your challenges

Emotional health includes the ability to look at things in new ways. While you may feel negative emotions about a particular situation or event, it's also healthy to be able to see the benefits or possible learning opportunities in something. Re-framing is a healthy emotional coping strategy that works well for anxiety and other emotional health problems.

Expand your support system

Your friends are a support network who can help you through challenges and offer you positive perspectives and energy when you need it. Make sure you have a strong support network and work on making new friends if your current ones are not supportive in the way you need.

Make friends with people who are positive or who have overcome challenges, as they can be a role model for you.

Stay active

One surefire way to start feeling down is to lay around doing nothing. While occasionally being idle can be refreshing, constant inactivity makes you feel useless and aimless. No matter your age or your ability, find ways to be active mentally and physically, and you will be more likely to stay emotionally fit.

Fake it until you make it

Even when you are not feeling particularly positive, smiling can boost your emotional state and give you the confidence to overcome whatever obstacles you are facing.

Laugh regularly

Laughter releases endorphins, which make you feel better and more relaxed. Watch funny videos, read jokes, or spend time with those whose sense of humor you enjoy, but laugh regularly to balance your emotions.

Enjoy the fresh air

Spending time outdoors exposes you to nature, fresh air, and sunshine, all of which can boost your mood and help you see things more clearly.

Increase your knowledge

One thing that impacts your emotional wellness is fear of the unknown. Learning more about your problem can help you better manage this and know how to handle your situation. Knowledge is always powerful.

Take a vacation

Enjoying your leisure time can improve your outlook and help reduce your stress, which is great for your emotional wellness. You don't necessarily have to go far or travel extravagantly. Just getting away is beneficial.

Have more sex

Intimacy and sex build bonds that increase your emotional wellness. Feeling close to someone bolsters your self-esteem and helps you bond with your partner, too.

Stop chasing happiness

When you are always looking forward to the next thing that might make you happy, you are missing out on all the daily things that could bring you joy right now. Focus on today and what you have now.

Set weekly goals

Setting goals for yourself each week gives you some time on which to focus and a reason to feel accomplished at the end of each week. This habit can boost your confidence and help reduce your stress, too.

Go for a walk

The simple act of walking regularly is beneficial to your emotional wellness. This activity promotes circulation and enhances your mood as well as improves your overall fitness.

Learn to say “no”

When you overextend yourself by saying yes to everything that is asked of you, you no longer place priority on your own needs. This can leave you feeling stressed and frustrated. Say “no” when you can't or don't want to do something. Ask for help when you have too much on your plate. Delegate when you can.

Stay positive

Keeping a positive mindset is beneficial to your emotional wellness. Develop a positive mantra you can repeat to yourself when things get tough. When you feel negative thoughts creeping in, repeat your mantra and push them away.

Develop perspective about your problems

When it comes to the difficulties in your life, the real problem is not the issue or situation itself but how you think and feel about it. Learning to develop new or different perspectives about your struggles can help turn a bad situation around and allow you to better cope with trouble strikes.

Reach out

Call up a friend for a spontaneous get-together. Meet for coffee or just chat on the phone for a bit. Connecting with friendly faces and voices provides emotional support that you need at all times, not only when things are tough.

Touch others

The physical act of touching someone you care about improves your emotional wellness. Hugs, holding hands, and other forms of touch send important signals to your brain that promote emotional wellness.

Get a SAD lamp

If you live in an area that doesn't get a lot of sunshine, especially in the winter months, you should invest in a lightbox or SAD lamp. These lamps expose your skin and eyes to crucial UV rays that are needed for mental and emotional wellness. Taking supplemental Vitamin D can also help.

Find a distraction

If you are brooding over something, stewing about an upset, or can't let go of negative thoughts, consider a distraction. Disrupt your emotional spiral by engagement in something completely different. Even just a two-minute distraction can be enough to break the cycle and put you on a better path.

Find meaning after a loss

Loss can be challenging to move past, but finding meaning in a loss can help you cope more effectively. There is always something we can learn from even the most tragic of events in your lives, including clarifying our values and taking actions that honor those who have passed. Find some meaning in your loss, and you will feel better about the future.

Practice self-acceptance

Learn to find the positive in your flaws and embrace yourself as unique and special. Don't worry about whether you are like everyone else but accept that you are exactly who you need to be.

Find ways to relax

Learning to cope with stress and relax are essential for your emotional wellness. We all find different things relaxing, so find what works for you, but be sure you are treating yourself to some relaxation time on a regular basis.

Be a role model for your children

If you don't take care of yourself emotionally, your children will have no model for how to do that when they become adults. Show your kids how to look after their emotional well-being by being a good role model of emotional health whenever possible.

Learn something new

Continuing to learn throughout your life can build your confidence, help you achieve your goals, and stave off the mental decline of old age. Take care of your self-worth by investing in yourself as you age, and your emotional wellness will benefit.

Focus on positivity

Work on eliminating the negative words you use when talking with others and to yourself. Eliminate the complaints, put-downs, and other negative talk you use, and you'll start to notice how much more positive you feel.

Pick a playlist

Music can boost your mood, so create a playlist that is explicitly designed to give you energy and help get you out of a funk.

Spend time with family

Those who regularly spend time with loved ones are more likely to have a positive outlook and feel like they can handle problems in their life. Make it a point to spend time with those you value.

Become friends with younger people

Having younger friends can influence your outlook and vitality. Younger people can offer new perspectives and help you learn new things, too.

Play more

Engaging in games, puzzles, and fun activities are good for your mind as well as your soul. Games are a great way to interact with others, keep your mind active, and release tension and stress.

Plant a garden or grow something

Planting something provides you with purpose, keeps you active, and gives you something to anticipate. Plant anything you like, indoors or outside.

Stop worrying about your age

Those who recognize that age is a state of mind are much more likely to be happier and find contentment in life. Don't worry about how many candles are on the cake each year. Instead, focus on what opportunities each year has to offer.

Show gratitude to others

Always say thank-you or express your gratitude to others who have been kind or generous to you. When you acknowledge the effort or kindness of another, you strengthen your connection and feel more positive about the world.

Be kind to others

When you put positive energy out into the world, it will return to you in other ways. Treating others with kindness will be met with the same attitudes in return, so whenever you have the choice, choose to be kind.

Balance your optimism with your resilience

Being overly positive in your thinking can make it hard to rebound from setbacks. Getting over failure is equally important as being positive, so find the right balance of these two outlooks.

Stick to your beliefs

Believing in something strongly is beneficial for your soul. Whether you have religious or spiritual beliefs, strong stances on politics, or support specific causes, having beliefs is important to your emotional wellness.

Embrace tough challenges

Facing challenges and embracing them teaches you self-discipline, which is great for your confidence. Being successful at something you find difficult helps you remain mentally fit, as well.

Check in with others

Asking people how they are doing and actively listening to them is a great way to make them feel better as well as reminding yourself to do the same.

Make holidays your own

Many people find the holidays particularly stressful and end up doing a lot of things to please others. Make your own holiday traditions, focus on making joy for you and yours, and don't worry about the rest. Holidays are to be enjoyed, not dreaded.

Stop comparing yourself to others

Comparing your life to others only serves to rob you of the happiness your own life can bring. Don't worry about what others are doing or how "perfect" someone else's life may seem. We all have problems; we are all struggling with something. Just focus on yourself and let the comparisons go.

Spend less time on social media

To prevent the comparisons mentioned above, consider limiting how much time you spend on social media, where everyone seems to be living the most perfect version of their own life.

Get rid of your toxic followers

Unfriend or unfollow anyone on social media who brings you down or regularly upsets you. Life's too short to keep those kinds of people in your life.

Be a friend IRL

Instead of just liking or posting on social media, why not just call people up or see them in person? Even a personal message is better than a generic comment, but face-to-face interactions always beat digital ones in the emotional satisfaction category.

Make a change

If something is not working in your life, it's time to do something about it. Stop living with a bad situation or something that makes you miserable and start making the necessary changes to improve the situation.

Focus on your values

If you find there are things in your life that are not bringing you satisfaction or joy, consider if they align with your values. Many times, we are struggling because our actions are in contradiction to our beliefs and ideals. Finding your values then assessing your actions in comparison to those can help you identify where you need to make adjustments to improve your emotional wellness.

Seek balance

Work is a fact of life, but so is love, play, and joy. Seek to find balance in your life that allows you time for all the aspects of a healthy emotional balance. Spending too much time in any one of these will throw off your balance, so consider how you can eliminate or makes adjustments to find a balance between all these factors.

Get control of your environment

Your surroundings have an impact on your emotional well-being. Create a space that brings you peace and fulfillment, not stress and anxiety.

Dance

Get that music playing and dance your feet off. Whether you like to get funky while doing housework or let loose with someone else, dancing reduces stress and helps you feel better.

Thank someone

Spread your gratitude to those in your community who do the work of helping others. Spreading appreciation makes you more likely to acknowledge the gifts and blessings in your life, as well.

Get outside

Spending just one-half of an hour per day outdoors can enhance your mood and elevate your emotional state. Those who spend time outside regularly suffer from less depression and anxiety and have a better emotional balance.

Make leisure time a priority

If you can't seem to find the time to relax, put it on your calendar. Make time for your hobbies, interests, and passions for the betterment of your mental and emotional health.

Quiet the emotional chaos

When emotions are highly charged, get them under control using mediation, prayer, or mindfulness work. A quieter mind allows you to focus on solutions rather than wallow in negative emotions.

Take some time for yourself

Soak in the bath for 20 minutes, walk around the block a few times, or just sit in your car listening to the radio, but get away by yourself now and then to reflect on your emotional state and evaluate your needs.

Join a group

Finding people in your community with similar interests has never been easier. Using online tools to meet up with people who like to do the same things as you, are interested in similar topics, or who share specific skill sets. Meeting new people is good for your emotional state, as is sharing your passions with others.

Get some rays

Your skin needs just 15 minutes of sunshine each day to produce enough Vitamin D to boost your mood and enhance your emotional state, so get outside and get some sun.

Work on your resiliency

Facing challenges is a part of life, and building your ability to overcome these obstacles and move ahead is resiliency. Look for ways to improve your coping strategies in this area to enhance your emotional well-being.



THANK YOU

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