

Emotional Health

People who are emotionally healthy are in control of their emotions and their behavior. They are able to handle life's inevitable challenges, build strong relationships and lead productive fulfilling lives. When bad things happen they're able to bounce back and move on.

Unfortunately, too many people take their mental and emotional health for granted – focusing on it only when they develop problems. But just as it requires effort to build or maintain physical health, so it is with mental and emotional health. The more time and energy you invest in your emotional health, the stronger it will be. The good news is that there are many things that you can do to boost your mood, build resilience, and get more enjoyment out of life.

Get enough rest – it's important to take care of your body, which includes getting enough sleep.

Learn and practice good nutrition – The more you learn about what you eat and how it affects your mood, the better you can feel.

Get a dose of sunlight everyday – Sunlight lifts your mood, so try to get at least 10 to 15 minutes per day.

Exercise to relieve stress – Exercise is a powerful antidote to stress, anxiety, and depression.

Laugh Often – Emotional benefits of laughter include feeling a sense of contentment and joy, shifting your perspective to a positive outlook.

Do things that positively impact others – Being useful to others and being valued for what you do can help build self-esteem

Practice self-discipline – Self-control naturally leads to a sense of hopefulness and can help you overcome despair, helplessness, and other negative thoughts.

Get a pet – There is no love quite as unconditional as the love a pet can give. Animals can also get you out of the house for exercise and expose you to new people and places.

Learn or discover new things – Try taking an adult education class, join a book club, visit a museum, learn a new language, or simply travel somewhere new.

Everyone is different; not all things will be equally beneficial to all people. Some people feel better relaxing and slowing down while others need more activity and more excitement or stimulation to feel better. The important thing is to find activities that you enjoy and that give you a boost.

The infographic compares Emotional Health and Mental Health. It features two columns: Emotional Health (dark blue) and Mental Health (light blue), separated by a 'VS' icon. Emotional Health is described as dealing with 'matters of the heart', involving coping with and regulating emotions, fostering positive relationships, and being practised and improved. Mental Health is described as dealing with 'matters of the head', involving clear thinking, and can be the result of trauma or chemical imbalances, treated with medication and/or therapy. The infographic is attributed to PRIORITY PRIVATE HEALTHCARE.

EMOTIONAL HEALTH	VS	MENTAL HEALTH
Deals with 'matters of the heart'		Deals with 'matters of the head'
Ability to cope with and regulate emotions		Ability to think clearly
Ability to foster positive relationships		Can be the result of trauma or chemical imbalances
Can be practised and improved		Can be treated with medication and/or therapy

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