Emotional Wellness

Version 1

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Emotional Wellness centers on thoughts, feelings, and being able to have a positive outlook on life. Another critical aspect of Emotional Wellness is to express and process emotions in a healthy way. When negative emotions arise, it is important that you have an outlet to express them in a safe way. This can include:

- Talking to friends and family
- Journaling consider starting a gratitude journal
- Listening to music
- Counselling Personal Counselling and Accessible Learning Services
- Exercising Athletics & Recreation
- Self-care
- Developing Help-Seeking Behaviours in Dimensions of Wellness

Being optimistic can be difficult during hard times, engaging in conversation or a favorite activity can reverse those feelings and bring you back to a regular state of emotional wellness.