

# Emotional Wellness

Version 1

Published 10/9/2024 by [Leonard Park](#) Last updated 10/9/2024 6:43 PM by [Leonard Park](#)

---

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.