

Emotional Wellbeing and YOU

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How to be EMOTIONALLY WELL?



Maintain or Improve Your Emotional Health

- Be aware
- Express
- Think
- Manage
- Strive
- Take care of your physical health- 2/3 illnesses are results from lifestyle choices
- Connect socially
- Fine a purpose/ goal / meaning- what is important in your life?
- Stay positive- forgiving is a good start- forgive others, mix and spend time with positive people



- Do things for others- giving is better, the effect of making someone happy makes you happier
- Take inventory of your strengths, then apply them in new ways in daily life- e.g. if you are brave...try something that makes me nervous public speaking.
- Savor pleasure- praise yourself and be happy when you accomplish something, celebrate, reminisce good times



Mindfulness



The practice of purposely focusing your attention on the present moment—and accepting it without judgment.

Key element for stress reduction and happiness

Reflection



- Important aspect of life
- Researchers (Glaze, 2001) -- reflection can improve understanding of the context you work in and your life, transform perspectives, deepen understanding and help you re-appreciate the job you do/ life/ situation
- strengthen the relationship
- **We won't grow from our experiences if we don't understand them** and make changes based on what we've learned. We aren't able to predict outcomes or solve problems effectively if we don't expand our understanding of our experiences. Schön (1983)



Gibbs Model



Things to consider

- Meditation- Marc Benioff
- Spending time with nature- Georgia O'Keeffe
- Exercise- Ryan Holmes



**"MY FAVORITE THINGS IN LIFE
DON'T COST ANY MONEY. IT'S
REALLY CLEAR THAT THE MOST
PRECIOUS RESOURCE WE ALL
HAVE IS TIME."**



Thank You

