

6 Strategies for Boosting Your Emotional Wellness



October is Emotional Wellness Month—and an opportunity to discuss how caring for your emotional wellness is just as important as caring for your physical health.

Most people know that eating a healthy diet and getting regular exercise can strengthen your physical health. However, there are also many things you can do to strengthen your emotional health.

When you are emotionally strong, you are more likely to manage and adapt to challenges and change.

To strengthen your emotional wellness, it's helpful to become more aware of your emotions and more understanding of them. Then, to strengthen your emotional wellness, consider these strategies:

- 1. Choose the positive**
Try to develop a positive mindset by focusing on good deeds, good habits, and good relationships. Spend time doing what you find fulfilling and meaningful. Be kind to yourself.
- 2. Reduce the impact of long-term stress**
Get enough sleep and regular exercise. Build a supportive social network. Set priorities. Do something positive to relax. Seek help when necessary.
- 3. Improve your quality of sleep**
Try to develop a consistent sleep routine in a dark, quiet, and comfortable place. Limit the use of electronics before bedtime. Avoid alcohol, nicotine, and stimulants late in the day. Seek help if problems continue.

4. Become more mindful

Avoid living life on “autopilot.” Focus on what’s happening around you and what you’re thinking. Become more aware of your breathing. When walking, become more aware of the sights and sounds around you. Try to become more mindful when eating.

5. Learn to cope with loss

Life can include overwhelming losses and there’s no right or wrong way to mourn. It takes time. Take care of yourself. Talk to a caring friend. And try not to make any major changes right away. Be patient with yourself. Some people benefit from grief support groups or professional counseling. Your Assistance Program can help guide the way.

6. Strengthen social connections

Science shows that our social connections have a powerful impact on our physical and emotional health. Take time to nurture connections with romantic partners, family, friends, and neighbors.

Incorporating these strategies into your everyday life can do wonders for boosting your mood and ability to manage everyday challenges. However, there may be times when you need additional support. Your Assistance Program is here to help. To learn more and gain access to your free and confidential services, please reach out to us at 855.775.4357, rsl@acieap.com, or via the web at <https://rsl.acieap.com>.

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