

Definition of Emotional Wellness

Maintaining an optimal affection that is able to perceive and cope with daily life circumstances in a positive way.

Emotional wellness includes:

- Positive attitude and optimistic outlook towards life.
- High self-esteem with balance between emotional states within a person.
- Self-respect by having a feeling of wellness and confidence.
- Ability to recognize and cope with normal changes in life.
- Share positive (happiness, love, keen, forgiveness, concerned, etc.) and negative feelings (sad, anger, jealous, hate, etc.) with others.
- Mood stability in both normal (happy life with good house, car, wife and children), and extreme conditions (divorce, sadness due to someone's death in family, excessive loss in business).
- Emotional wellness is the ability to experience, manage, and express feelings appropriately.
- It is also ability to respond resiliently and effectively to changing emotional states and effectively cope with situations that present challenges and obstacles in life.
- Emotional wellness is balance of our thoughts, feelings, and behaviors all integrated and connected, both positively and negatively. For example, able to acknowledge and express appropriately the feelings of sadness, anger, happiness, joy in a healthy and productive way may enhance person's emotional wellness.

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Benefits of Emotional Wellness

- Help in being emotionally balanced and stable as in bad conditions emotionally healthy people can bounce back more quickly than others.
- Able to identify desires or aims in life, take positive actions which can help to fulfill desires and can make changes in life.
- Heal from stress, anxiety, depression, affliction and other health issues like decrease in blood pressure, reduced risk of heart disease, effect hormonal balance.
- Alter the negative feelings and thinking and behavior patterns like sadness, hate, anger, frustration and which in turn lowers blood pressure, blood sugar and hormonal levels like endorphins.
- Increase self- confidence and believing in oneself. As an emotionally positive person has better health, mental stability, and productive in doing all activities.
- Give optimistic thinking towards growth in life. For example, Take every obstacle as a challenge in life and try to eliminate that by having attitude that nothing is impossible in this world.
- A full life with new vision and purpose, which will help to think positive to accomplish that purpose.
- It will improve social skills that are your connection with the whole community and how to interact with different kinds of people.

- Helps in self-control and improves your concentration level.
- It helps you to become an emotionally strong person who cannot be distracted by negativity.

Emotional Wellness Lifestyle Guidelines

- Join stress management and individual therapy in psychological services center which will help to reduce the risk of many diseases like depression, heart disease, diabetes.
- According to researchers 30 minutes massage changes the mood and relieves the pain which relaxes the body as well as mind. The oils in massages can have healing effect on body.
- Attend emotional health related sessions and activities to become aware of how to think positive and remain balanced in every stage of life.
- Understand your emotions if they are negative and affecting your health physically and then try to change these feelings.
- If you have harmed someone with words then promptly address it.
- Try to avoid stress, practice self-respect.
- Do things which make positive impact on others and practice self-discipline. Take time for yourself to sit and think calmly about the things going on in life and you want to do in life. Endorphins hormone released in the body helps to reduce stress and increases the feeling of happiness. It's production increases when we do things like smile, exercise, eat dark chocolates, and more activities that bring fulfillment.
- Take a piece of paper and write your stress and worries on it. On the other hand write the things you are grateful for, your list of positive things that will remind you how blessed you are.
- Get enough rest such as at least 6 to 8 hours sleep as stress, depression and anxiety are major contributor to digestive disorders, sleep disturbance, and lack of energy.
- Eat healthy and nutritious food. Eat green vegetables and fruits to keep body and mind active and stress free. Good and healthy eating habits help the person to endure bad things in life and help to become mentally stable.
- Do exercise to relieve stress and to change mood like breathing exercises, short walk outside, play with a pet, call a friend, listen to music. These activities also help in reducing blood pressure, slow heart rate, lower triglycerides, and cholesterol level and enhance the immune system of the body
- Communicate with people around you and join social programs.
- Engage in creative activities or hobbies, get a pet, be around the nature and enjoy its beauty
- Avoid use of alcohol, cigarettes, and other drugs which decreases the mind activity directly to emotions.