

Tips for Staying Emotionally Healthy and Balanced

Emotional health is an important part of our overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They're able to cope with life's challenges, and they can keep problems in perspective and bounce back from setbacks.

Now, it can be challenging at times to stay balanced when life is constantly changing, however, we can discover some ways that can help us to obtain this balance. Please see the examples below on how we can work towards having more balance in our lives.

➤ **Being Grateful**

(Schedule some time each day to write down a few things you are grateful for)

- Health
- People in your life
- Places you've been
- Your skills
- Experiences
- Things you have
- Other (there could be other things to include that maybe don't fit into those categories)

➤ **Self-Care**

It's important for us to take care of ourselves, and fill up our cup each day in order for us to be able to create the energy to help others or tackle those challenges that may come up.

Self-care includes many things;

- Eating healthy foods.
- Getting some exercise each day.
- Getting the proper amount of restful sleep each evening.
- Setting aside time for ourselves; reading a book, going for a walk, laying by the pool, taking a bath, listening to music, doing a hobby we enjoy, etc.
- Spending time with people we love can help us with our emotional wellbeing and give us a feeling of connectedness. Being that said, getting together with family and friends at least once a week can provide a lot of benefits to our emotional health.
- Being a part of a support group can help us to be around others that are experiencing similar challenges. We can feel the support of others and also get other perspectives as well, which can help us along our journey when we might be feeling stuck.
- Get inspired by taking some time each day (maybe 10 minutes) to watch something that motivates you (YouTube video, etc).
- Practice a mindfulness session (tune in to all that's around you - sights, sounds and smells).
- Do a positive future visualization (just think about the great things you want to have in your life).
- Meditate (just be still and allow your thoughts to wander).

- Engage in a guided meditation or visualization (YouTube videos).
- Be still in nature (head outside and walk, stand or sit and embrace the beauty of being around nature without distraction).

- **Being Flexible**
 - Not everything is going to go according to plan, and maintaining a level of emotional fitness is key. We might not be able to get everything done that we set out to do, so it's important to remember that if this happens, it's not a problem. Perhaps we can be open to making adjustments as they arise. We could finish up a project the next day, or change our perspective as to how we view the situation, which can help us to have more clarity and be ready to do some problem solving. Being able to adapt and shift our focus can help us to not experience as much stress around our daily challenges.

- **Engage in Positive Self-Talk**
 - How we speak to ourselves really makes a difference in how we feel about ourselves and our lives. If we are tough on ourselves and say or think negative things throughout the day, this can be very damaging to our self-esteem and lower our motivation to accomplish anything.

 - Let's see if we can catch ourselves when we are having negative thoughts and replace those thoughts with healthier ones (this is where being mindful can be really helpful). It's noticing our thoughts we have throughout the day, and seeing how we speak to ourselves or how we perceive things such as when we make mistakes. Now it might seem fake by doing this, but in time if we do practice this enough, we can really get ourselves to embrace those more positive thoughts. It's training ourselves to not see everything as bad or think all or nothing thoughts (I'm either successful or I'm a failure).

- **How We Decipher Challenges**
 - How we interpret challenges that show up in our lives can make a difference with our anxiety level as well. Things will happen in life that we didn't want or expect, but if we see them as something negative, we can often feel like we have to be on alert all the time to look out for danger. But how would we feel if we looked at those challenges in a different way? We are resilient and we can make it through tough things....so what if we thought of those challenges as a chance for us to learn and grow from the experience? Sometimes just making small adjustments to the way we look at things can make a big difference in our stress level.

- **Identifying and Setting Boundaries**
 - Creating boundaries helps to keep us safe and tells others what we will and will not tolerate. This is an important part of communication in a healthy relationship.

➤ **Volunteering**

- Volunteering or finding other ways to be active in the community can help create a support network, and it gives us a break from our everyday stress. Plus, it can make us feel good to reach out and help others. There are many opportunities out there for online or in-person.