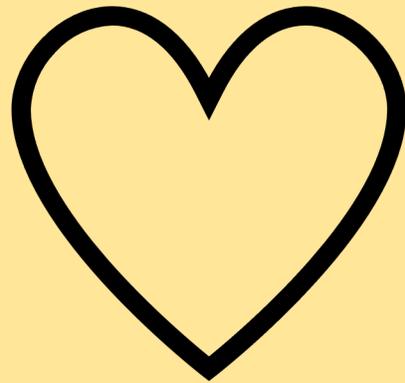


Module 1

Emotional Wellness



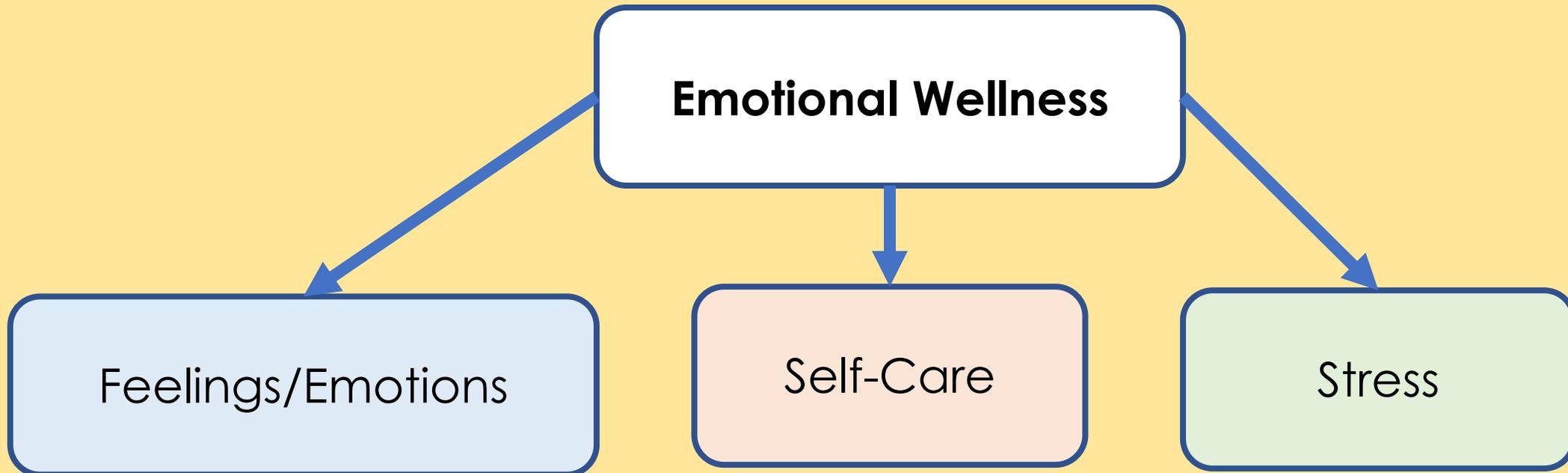
Definition

Emotional wellness—the ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress or difficult experiences. It's about taking care of yourself, in good and hard times.



Definition

Take a look at these key factors that contribute to your emotional wellness. Then move on to the next slide for a little bit more detail on each one.



Feelings/Emotions

Your emotional wellness depends partly on how you handle feelings and emotions. Consider the questions below to think about how your feelings/emotions are impacting your emotional wellness.

Do you see challenges as opportunities for growth?

Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts?

Do you allow yourself to be open to and acknowledge your feelings without judgment?

Do you allow yourself to be open?

Are you taking responsibility for your actions?

Do you recognize your limitations and learn from your mistakes?

Self-Care

Your emotional wellness depends partly on self-care, or what you do to relax and feel good. Consider the questions below to think about how often and in what ways you engage in self-care.

Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need?

Are you maintaining a daily routine?

Do you leave yourself plenty of time to get to school and other obligations?

Have you tried yoga, breathing, or meditation to remain calm and centered?

Are you eating some meals without distractions, like checking your phone or watching TV?

Stress

Your emotional wellness depends partly on how you handle stress. Everyone gets stressed sometimes, so it's important to know how to cope with it. It's also important to make sure you're not stressed too much or too often. Consider these questions about how you handle stress. .

Are you learning to manage stress in ways that work for your lifestyle?

Do you know what makes you feel stressed and understand that you are not your feelings? Feelings are fleeting and will pass.

Do you welcome and maintain positive, empowering thoughts and emotions?

Self-Assessment

Now that you have thought a bit about your own emotional wellness, try filling out this self-assessment. Use a piece of paper to keep track of your answers. You do not have to share your answers with anyone, but you can keep them in mind as you go through this module. Don't worry about your score, there are no right or wrong answers. Knowing where you are at right now is the perfect place to start.



Self-Assessment

Self-Assessment

Directions: Circle (or write down) the number that applies to you for each statement. Then, total up the number for each of the 4 columns. Write the sum of all your totals for each column in the yellow box on the right of the chart. That number is your score for this dimension of wellness.

Self-Assessment

Emotional Wellness	Rarely, if ever	Sometimes	Most of the time	Always
I can ask for help when I need it	1	2	3	4
I can recognize the stress in my life and have ways to reduce this stress	1	2	3	4
I accept responsibility for my own actions	1	2	3	4
I can set priorities.	1	2	3	4
I try to avoid constant worry and I am not usually suspicious of others.	1	2	3	4
I feel good about myself and believe others like me for who I am.	1	2	3	4
I am flexible and adapt or adjust to life's challenges in a positive way.	1	2	3	4
I can express all ranges of feelings (such as hurt, sadness, fear, anger, and joy) and manage related behaviors in a healthy way.	1	2	3	4
I can balance school, family, friends, and other obligations.	1	2	3	4
I do not let my emotions get the better of me, and I think before I act.	1	2	3	4
Total				___/40

So, Why is Emotional Wellness Important?

Watch
this quick
clip!

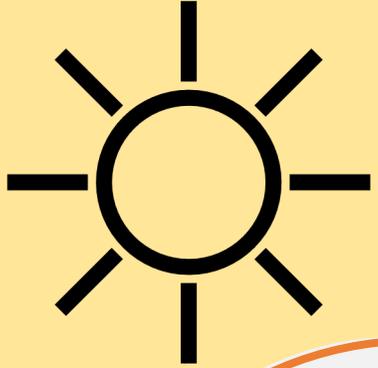


Remember! Emotional wellness is not about being happy all the time.

Feeling sad, angry, scared, and other negative emotions is normal. The

- way you handle and deal with these emotions is what's important.

What is good for your emotional wellness?



Doing activities you love, such as playing games, reading, seeing friends, or drawing.

Learning to recognize and understand your feelings. Recognizing what you feel will help you become more resilient, or able to move past stress and hard times.

Doing things that are relaxing, such as taking a walk, meditating, or listening to music.

Try to think of at least 1 activity you already do that is good for your emotional wellness!

What did you come up with?

If you were able to think of something you already do for your emotional wellness, that's awesome! If you couldn't, that's okay too! it's never too late to start.



You have learned quite a bit about emotional wellness today. Next, let's set your own wellness goal using SMART goals.

What is a SMART goal?

Setting a SMART Goal

When you set a goal for your wellness, try to set a SMART goal. A **SMART goal** is specific, measurable, achievable, realistic, and time-sensitive. Click each letter for a little more information.



S

Specific – be as precise as possible

M

Measurable - state how big or small the change will be

A

Achievable - make sure the goal can be attained

R

Realistic - make sure you are not asking too much of yourself

T

Time-sensitive - state how long it will take to achieve the goal

Examples of SMART Goals

1.

I will read for 10 minutes every weeknight before bed to help me relax.

I will cook one meal for dinner every week for one month.

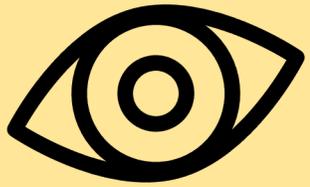
2.

3.

I will take a walk around the block every afternoon for two weeks to help with relaxation.

Set your own SMART goal!

Setting Your SMART Goal



Now, go back to your emotional wellness self-assessment. Is there an area where you did not score as high as you'd like to? What can you improve?

Set a SMART goal for yourself to improve on an aspect of emotional wellness. Try to start with something simple, and you can always build up or add more from there!

Check out the next slide for some ideas!

Improving Your Emotional Wellness

Here are some suggestions!

Reflect each day on your emotions, what they can teach you, and how you can express them.

Consider using a journal to record feelings and thoughts.

Develop habits that help you process and deal with your feelings effectively, so you move forward in fulfilling your emotional needs.

Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.

Keep track of when you need to catch up with someone or when a friend or family member is due for a visit.



Look online to find out what is happening in your area that could be an opportunity to make friends.

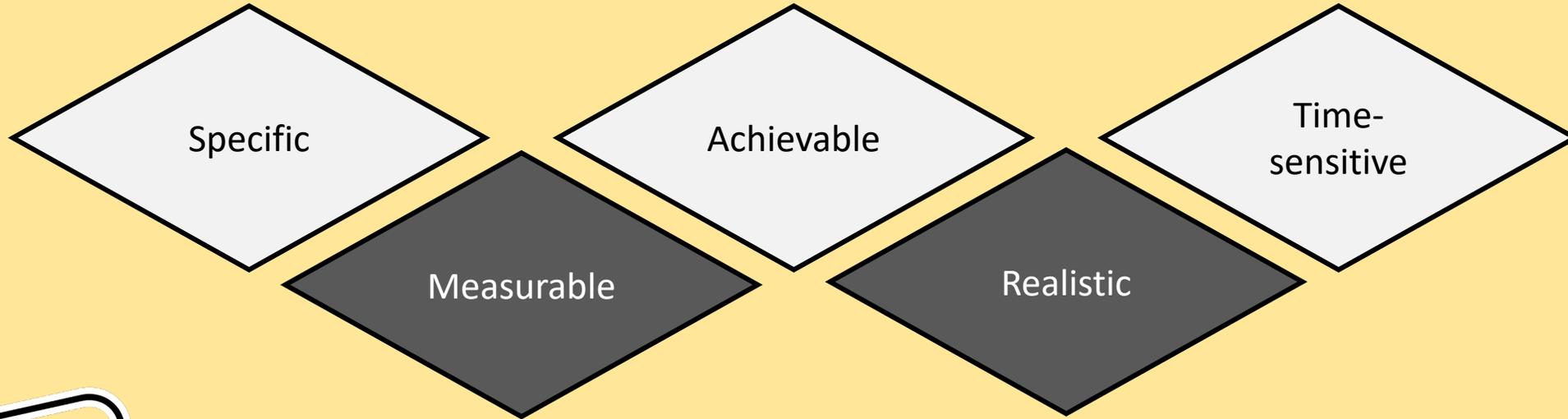
Keep an open mind and be curious when meeting new people.

Look for volunteering opportunities

Use a planner or calendar to keep track of social events such as a concert or a c sports game.

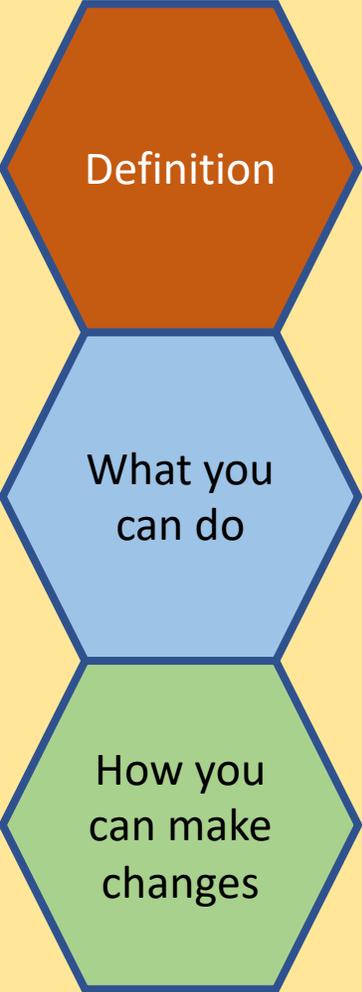
Setting Your SMART Goal

What is the goal you came up with? Is it:



After you set your SMART goal, it might help to write it down. You can tell a friend or family member about your goal so they can help you achieve it.

Let's Review



Definition

Emotional wellness is your ability to express feelings, enjoy life, and cope with emotional challenges. It is not about feeling great all the time, but rather about handling all kinds of feelings!

What you can do

Try to do things you enjoy and that make you feel relaxed. This can include listening to music, writing in a journal, or biking around one of your favorite places.

How you can make changes

You have the power to improve your emotional wellness! Try setting a SMART goal if you want to change something. For example, "I will do 15 minutes of journaling every day for the next two weeks".

Congratulations!

You have completed module 1 and learned about emotional wellness. That's awesome! You are well on your way to learning all about the 8 dimensions of wellness and the role you play in your own wellbeing.

Thanks for your attention and see you next time!

