Dimensions of Health & Wellness: A Focus on Emotional Wellness

What is Emotional Wellness?

Emotional wellness is the ability to successfully handle life's stressors while adapting to change during difficult times.[1]

Why is it so important?

Emotional health is important to overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. This allows them to keep problems in perspective and bounce back from setbacks.[2]

National Institute of Health (NIH) Emotional Wellness Checklist[1]

✓ Brighten your Outlook

✓ Reduce Stress

✓ Get Quality Sleep

✓ Cope with Loss

✓ Be Mindful

✓ Strengthen Social Connections

Traits of Emotional Health

Honest · Strong · Positive · Hopeful · Balanced · Intentional · Connected · Peaceful · Determined · Grateful

1. https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist.pdf
2. https://journeytorecovery.com/product/the-ten-essential-traits-of-emotional-health-mh-infographic/