

Emotional Wellness

The emotional dimension of wellness emphasizes an awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about oneself and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The emotionally well person maintains satisfying relationships with others.

Emotional Wellness allows you to be aware of and accept a wide range of feelings in yourself and others. You'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon the synthesis of feelings, thoughts, philosophies, and behavior. On the wellness path, you'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based upon a foundation of mutual commitment, trust and respect. You'll take on challenges, take risks, and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways, and taking responsibility for your actions, will help you see life as an exciting, hopeful adventure.

- As you travel the wellness path, you'll begin to believe that - emotionally.
- It's better to be aware of and accept our feelings than to deny them.
- It's better to be optimistic in our approach to life than pessimistic.

Tips to Increase Emotional Wellness

Emotional wellness is striving to meet emotional needs constructively. It is maintaining good mental health, a positive attitude, high self-esteem, and a strong self-image. It is the ability to respond resiliently to emotional states and the flow of life every day. It is dealing with a variety of situations realistically and learning more about yourself and how things you do affect your feelings. It is taking responsibility for your own behavior and responding to challenges as opportunities.

- Practice optimism.
- Spend time with friends and family discussing important personal concerns and being supportive of each other.
- Participate in self-esteem workshops or support groups.
- Read a self-help book that is of interest to you.
- Learn time management skills and other stress management techniques.
- Attend a wellness forum.
- Smile at least 20 times each day.

Emotional Wellness Assessment

The emotional dimension of wellness involves recognizing, accepting and taking responsibility for your feelings. Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points
points

Sometimes/occasionally = 1 point

Very seldom = 0

- _____ 1. I am able to develop and maintain close relationships.
- _____ 2. I accept the responsibility for my actions.
- _____ 3. I see challenges and change as opportunities for growth.
- _____ 4. I feel I have considerable control over my life.
- _____ 5. I am able to laugh at life and myself.
- _____ 6. I feel good about myself.
- _____ 7. I am able to appropriately cope with stress and tension and make time for leisure pursuits.
- _____ 8. I am able to recognize my personal shortcomings and learn from my mistakes.
- _____ 9. I am able to recognize and express my feelings.
- _____ 10. I enjoy life.
- _____ Total for Emotional Wellness Dimension

Score: **15 to 20 Points** - Excellent strength in this dimension.

Score: **9 to 14 Points** - There is room for improvement. Look again at the items in which you scored 1 or 0. What changes can you make to improve your score?

Score: **0 to 8 Points** - This dimension needs a lot of work. Look again at this dimension and challenge yourself to begin making small steps toward growth here. Remember: The goal is balanced wellness.