

## The *Healthy* Habits of Emotional Wellbeing

It is important to recognize when someone is in emotional pain. It is equally important to learn basic habits that keep up emotionally healthy.

What are the Healthy Habits of Emotional Wellbeing? They are habits that everyone can learn, habits that allow each of us to identify and practice that works for us.



### TAKE CARE OF YOU

Eat, sleep, and be active. We don't often think about how important these basic activities are for our mental health -- but they are critical.



### CHECK IN AND GET CHECKUPS

We get check-ups for our physical health. We see our dentist to take care of our teeth. It's time to take responsibility and get check-ups for our emotional wellbeing. Talk with your doctor, a counselor, a faith-based leader....and your family and friends to make sure you, and those you love, are doing well emotionally.



### ENGAGE AND CONNECT WISELY

Pay attention to your relationships. We can't be healthy if our relationships are not.



### RELAX

Learn ways to reduce the stress that we all face -- and practice what works for you: meditate, run, knit, dance, sing, write, love...



### KNOW THE FIVE SIGNS OF EMOTIONAL SUFFERING

The Five Signs are change in personality, agitation, withdrawal, decline in personal care, and hopelessness. Someone may exhibit one or more signs. Many conditions can result in emotional pain. If you see them in someone you love, reach out, connect and offer to help.