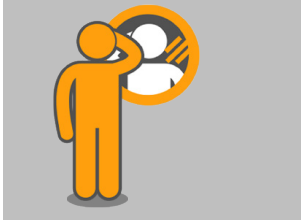


Healthy Habits of Emotional Wellbeing

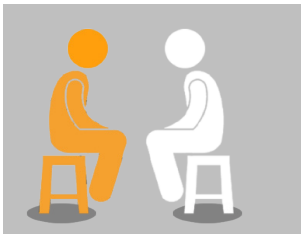
It is important to recognize when someone is in emotional pain. It is equally important to learn basic habits that keep us emotionally healthy.

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 what 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.



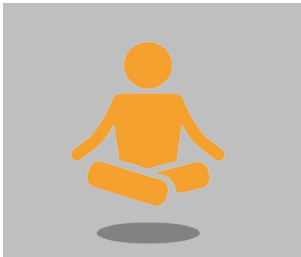
Check In and get checkups.

We get check-ups for our physical health. We see our dentist to take care of our teeth. We even take our cars in for tune-ups. It's time to take responsibility and get check-ups for our emotional well-being. 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.



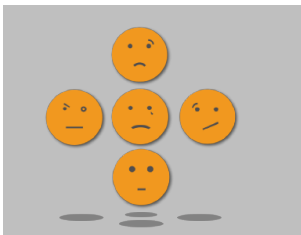
Engage and connect wisely.

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.

If everyone is more open and honest about mental health, we can prevent pain and suffering, and those in need will get the help they deserve.

To learn more visit www.changedirection.org.