Simple Strategies to Foster Emotional Well-Being

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Emotional well-being is important for a healthy life. The following simple strategies can promote self-awareness, self-soothing, and social relationships - all pieces of emotional well-being!

Self-Awareness

Psychoeducation includes educating individuals about their emotions and coping strategies to deal with emotions. For example, teaching how to recognize emotions in oneself and others.

Cognitive Restructuring includes identifying, evaluating, and shifting unhelpful thoughts, and includes affirmations, or positive self-statements, and acknowledging previous successes.

Self-Soothing

Breathing Techniques include nasal breathing, belly breathing, and box breathing, to name a few, and help to promote relaxation.

Movement just looks like getting up and moving the body to help shake off nervous energy.

Visualization involves imagining a calm place, future success, or previous success to promote a sense of calm.

Stretching can include yoga poses and other stretches and helps relax muscles.

Progressive Muscle Relaxation involves reading or following a script to tighten and relax muscles in a systematic way to promote relaxation.

Social Relationships

Gratitude includes internal reflections of being grateful for things in one's life and expressing these feelings of gratitude to others for whom one is grateful.

Acts of Kindness involves offering kind words or actions to others, which benefits both the receiver *and* the giver, especially when they provide opportunities for social connection!

Seeking Social Support looks like sharing feelings with a trusted significant other, such as a friend, parent, teacher/mentor/boss, etc., to foster social relationships.

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