



FIRST UNITED METHODIST CHURCH TUSCALOOSA

Emotional Wellness Tips from the National Institutes of Health

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

TO BRIGHTEN YOUR OUTLOOK-

Remember your good deeds and acts of kindness. Acknowledge your strengths.
Forgive yourself for mistakes and failures. Notice your accomplishments.
Reach out to friends and family who love you as well as those who need help.
Meditate on God's promises and love. Focus on gratitude.

TO MANAGE YOUR STRESS-

Realize that pressure is not the same as stress. Set priorities and realistic goals.
Focus on what you can control. Look for the positive.
Exercise regularly and get enough sleep. Build a social support network. Seek help.
Try relaxation methods and make time for things you enjoy.

TO GET BETTER QUALITY SLEEP-

Go to bed and get up at a set time each day. Sleep in a dark, quiet place.
Exercise daily (but not right before bedtime).
Relax before bedtime and limit the use of electronics.
Avoid alcohol, nicotine, and stimulants late in the day.
Consult a doctor if you have ongoing sleep problems.

TO BE MORE MINDFUL-

Take slow, deep breaths - focusing on the sensation of breathing.
Notice your current sensations when enjoying time outside.
Practice mindful eating - savoring each bite.
Try mindfulness exercises, meditation or yoga.

TO STRENGTHEN SOCIAL CONNECTIONS-

Build strong relationships with immediate family - find common activities or projects.
Find an accountability partner, join a small group, plan a social event with coworkers.
Take a class to learn something new or volunteer for a cause you believe in.
Get active and share good habits with family and friends.

TO COPE WITH LOSS-

Be patient. Mourning takes time. Take care of yourself while you let yourself grieve.
Talk to a caring friend or join a grief support group.
Consider professional support if you're struggling with daily activities.