


Wellness   
Wednesday

## What is Emotional Health?

Emotions can be a full spectrum, including love, anger, joy, and sadness. Emotions and behaviors go hand in hand. Luckily, emotional health is something we can work on, just like you might change your diet to lower your cholesterol. Some key ways we can tend to and improve our wellbeing include the following:



More of this article can be found at [www.firsthand.co/blogs](http://www.firsthand.co/blogs)

# 5 Steps to Mastering Emotional Health

## 1. Learn to identify your emotions.

Being able to identify emotions happens to be extremely challenging for even the most successful people. Start by simply becoming aware of your own emotional states and patterns. Once you become aware of them, you can learn to successfully work through them in a healthy way, and ensure they don't become overwhelming.

## 2. Master Coping Skills.

Coping is a wonderful tool for tending to our emotional health and building resilience. It is important for people to build a toolbox of effective personal coping mechanisms. Coping can be done through things like meditation, spending time in nature, phoning a friend, doing breathing exercises, or journaling. Find a tool that works for you, and remember to use it in your time of need.

## 3. Get to know you.

Work on understanding and loving yourself. The more you lean into yourself, the greater the likelihood of you shifting into emotional health.

## 4. Practice Mindfulness.

Mindfulness means paying attention to the present moment with openness, curiosity, and acceptance. The benefits of practicing mindfulness include decreasing depression, improving emotional reactivity, improving resiliency, and improving healthy coping skills. One of the most effective ways to improve mindfulness is to practice mindful meditation.

## 5. Get Moving

Exercise is one of the places where we see how linked our physical and mental wellbeing is. It's important to move your body frequently. Exercise can help improve depression and anxiety symptoms, as well as improve mood and help you feel better overall. Aim for 30 minutes per day, on three to five days of the week.

