

## The Right Tools

May

### Emotional

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. Disappointments, loss, and change, while are normal parts of life, can still cause sadness, anxiety, and stress.

People with good emotional health have an ability to bounce back from adversity, trauma, and stress. This ability is called *resilience*. One of the key factors in resilience is the ability to balance stress and your emotions. The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in depression, anxiety, or other negative mood states. Another key factor is having a strong support network. Having trusted people you can turn to for encouragement and support will boost your resilience in tough times.



### Intellectual

Traveling a wellness path allows you to solving, creativity, and learning as well personal interests, including reading while keeping abreast of current issues intellectual curiosity, you'll actively mind with creative endeavors. curious and interested in the



explore issues related to problem as spending more time pursuing books, magazines, and newspapers, and ideas. As you develop your strive to expand and challenge your Intellectually well people are also communities as well as in the world.

### Occupational



There is abundance of challenges and obstacles in trying to achieve and maintain a healthy state of occupational and other dimensions of wellness. It can be hard to feel comfortable and secure in a workplace that is impacted by the state of this difficult economy. There is usually a constant flux with customers, colleagues, partners and bosses who feel strained and competitive to continuously scramble and change the landscape of your situation in the workplace.

Occupational wellness can make a huge difference on how you deal with situations and people. In hard times where layoffs are all too frequent some people easily become stressed and anxious, while others remain calm and project positive energy that can be a healing force to themselves and those around them. Even if we can't change a situation or what others do, we can control our responses.

## Physical



The mind and the body are linked. When you improve your physical health, you'll automatically experience greater mental and emotional well-being. For example, exercise not only strengthens our heart and lungs, but also releases endorphins, powerful chemicals that energize us and lift our mood.

The activities you engage in and the daily choices you make affect the way you feel physically and emotionally. Here's one suggestion: **Get a dose of sunlight every day.** Sunlight lifts your mood, so try to get at least 10 to 15 minutes of sun per day.

## Social

Humans are social creatures with an relationships and positive connections to survive, let alone thrive, in isolation. companionship—even when experience distrustful of others.

Social interaction—specifically talking to problems—can also help to reduce supportive relationship with someone someone you can talk to regularly, will listen to you without a pre-existing think or feel. A good listener will listen to the feelings behind your words, and won't interrupt or judge or criticize you. The best way to find a good listener? Be a good listener yourself. Develop a friendship with someone you can talk to regularly, and then listen and support each other.



emotional need for to others. We're not meant Our social brains crave has made us shy and

someone else about your stress. The key is to find a who is a "good listener"— preferably face-to-face, who agenda for how you should

## Spiritual



To develop spiritual wellness, it is important to take time out to think about what gives meaning and purpose to your life and what actions you can take to support the spiritual dimension of your life.

### Look Inward

This week, spend some quiet time alone with your thoughts and feelings. Slow the pace of your day, remove your watch, turn your phone or pager off, and focus on your immediate experience.

## Words from the Wise

- **George Eliot:** Animals are such agreeable friends—they ask no questions; they pass no criticisms.