

10 Tips for Emotional Wellness

Created by the West Central Florida Mental Wellness Coalition. <https://wcf-mwc.org>

REFLECT



Take time out of each day to rest, relax, and reflect. Journaling or making art are great ways to reflect.

THINK THANKFUL THOUGHTS



Notice things that you are thankful for in your everyday life and practice gratitude daily.

TALK TO SOMEONE



Talking about your feelings is a great way to process them. Talk to a family member or friend when you have a problem or something is concerning you.

KEEP A SLEEPING SCHEDULE



Ample sleep - at least 8 hours - can improve your overall mood and emotional well-being.

BE MINDFUL



Mindfulness is being aware of the world around you and focusing on what you are experiencing. During your day, remind yourself to be fully present and to focus on the "now."



REACH OUT FOR HELP

Sometimes we need the help of a professional to be at our best. If you would like help, reach out to a counselor, advisor, or your family doctor.

EXERCISE



Exercise helps your body release mood-improving chemicals. Look for ways to incorporate physical activity into your daily routine.

EAT HEALTHY



Research shows that eating certain foods such as fruits, vegetables, and fish can help fuel your body and mind.

PRACTICE CALMING TECHNIQUES



We can all feel stressed, anxious, upset, or angry. Breathing, relaxing your body, and visualizing yourself in a peaceful setting can help you cope and relax.

IMPROVE YOUR TIME MANAGEMENT



Use time wisely so you do not feel overwhelmed. Make lists, create routines, and plan your week to help you feel in control of your time.