

EMOTIONAL WELLNESS MONTH

Emotional Wellness is the ability to be aware and accept your feelings, your thoughts, and your attitudes; have resilience and self-esteem.

Emotional Wellness Objectives include: Self-awareness; mood management; self-motivation; empathy; and managing relationships.

W	E	L	L	N	E	S	S
Emotional Eater? Track your daily eating habits. Are you an emotional eater?	Facial Movement Stick a pen or pencil between your teeth while sitting at your desk**	Get Sleep Be in bed by 10:00pm every night for one week	Kindness to Others Do something kind for someone you love	Appreciate Take time to appreciate the beauty of the world around you	New Place Spend time in a new location and evaluate how it affected your emotions	Reconnect with a family member or friend you haven't seen in a long time	Experience Emotions Watch a movie or read a book that makes you laugh
Experience Emotions Watch a movie or read a book that makes you cry	Channel your stress into something creative or ambitious	Reflection Reflect on your current emotional state and just 'feel'	Cut Caffeine Try removing caffeine from your diet 	FREE	Don't Put Things Off Get something done today instead of leaving it for tomorrow	Journaling: Be honest with yourself and truly express how things made you feel	New Lens Try to see a situation from another person's perspective
Letter to Self Write down your feelings in a letter to yourself	Journaling: Look back at what you wrote to identify trends. What makes you feel good?	Relax Relax in your own way: Hot bath, meditation, yoga, reading	Care about others Ask someone else how they are feeling and empathize	Hugs Offer or ask for a hug 	Laugh Did something that made me laugh	Animal Love Pet a dog, cat or other animal (safely)	Hobby Start or re-start a hobby you once enjoyed
New Activity Try a new activity for the first time 	Help Others Help someone with no expectation of receiving anything in return	Focus on YOU Do something just for you 	Forgive Forgive someone you are angry with	Reset your schedule Make sure you leave times to catch your breath throughout the week.	Sweat out your sadness Do something physical instead of dwelling	Deep Breaths Take several slow deep breaths when you feel stress building	Experience Emotions Watch a movie or read a book that scares you

**Strack, Martin and Stepper (1988) "Inhibiting and Facilitating Conditions of the Human Smile: A Nonobtrusive Test"

Challenge yourself to work on at least one square per day. When you complete the task, check of the square. Work towards completing at least 17 squares over the course of the month. If you complete all the squares – shout BINGO, give yourself a pat on the back, and take a bow!



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Thank you for your commitment to work towards and sustain your overall well-being!