

# Emotional Wellbeing: Overview

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## What is Emotional Wellbeing?

Put simply, emotional wellbeing involves being aware of your emotions, and being able to manage them in a healthy manner. \*1

If someone has positive Emotional Wellbeing, they are able to:



Some possible signs of poor emotional wellbeing are:

- 1. Changes in mood**
- 2. Struggling to cope with situations**
- 3. Increased anxiety**
- 4. Apathy towards hobbies**
- 5. Physical symptoms (headaches, insomnia)**

Emotional Wellbeing is a skill that can be learned and improved. Mastering this skill will ensure that you are able to build resilience, reduce stress, create strong social connections and cope with loss.

If you need support with your Emotional Wellbeing there are many organisations that are here to support you. No matter how you are feeling, your feelings are valid, and you are deserving of support. Reaching out to services can be a scary step but organisations, like the ones below, are here to listen and offer you support. You may want to make a note of some as you never know when they may come in handy.

**PAPYRUS Prevention of Young Suicide (UK)** [www.papyrus-uk.org](http://www.papyrus-uk.org)

**Samaritans (UK and Republic of Ireland)** <https://www.samaritans.org/>

**Shout (UK)** <https://giveusashout.org/>

**Crisis Support Services (U.S.)** <https://cssnv.org/>

**Wellness Together (Canada)** <https://www.wellnesstogether.ca/en-CA/crisis>

**Other helplines** via country: <https://www.helpguide.org/find-help.htm>

# Ways to support your Emotional Wellbeing

Understanding how to manage and control your emotional wellbeing will support you within the work environment, with things such as decision making, managing stress and learning from experiences. Everyone looks after their emotional wellbeing differently, so it is important that you explore and find out what works for you. Below are some ideas to get you started.

## Meditation

Most people are likely familiar with the positive side effects of meditation associated with mental health: increased awareness, clarity, compassion, and a sense of calm. Improved focus is another benefit commonly associated with meditation. \*4

## Journaling

When you have a problem and you're stressed, keeping a journal can help you identify what's causing that stress or anxiety. Once you've identified your stressors, you can work on a plan to resolve the problems and reduce your stress. \*3

## Go for a walk/spend time outside

Many people report feeling elated and happy after a decent outdoor walk. Studies show that walking pushes your brain to release endorphins, which are known to help lighten your mood and build some positive emotions throughout your body \*2

## Set aside time for self-care

Self-care doesn't have to take hours, even just 10 minutes of your time each day could make a real difference in your wellbeing.

## Listen to your favourite song/podcast

It is important that we take time daily to do something that makes us happy. A quick way of doing this is sticking on your favourite song that you can't help sing/dance along with or listening to your favourite podcast.

## Take a social media break – this can be as short or as long as you like. Try doing it for an hour at first

Social media is a great way to stay connected with friends and up to date on current affairs however, it can also become overwhelming. Sometimes a particular story, news article or trending topic can bring up negative emotions and be visible everywhere. Taking time away from social media gives you a chance to focus on the here and now, taking time away from events that may bring up emotions.

1. <https://www.pyramid-healthcare.com/what-is-the-difference-between-mental-health-emotional-health/>
2. <https://canohealth.com/news/blog/mental-health-benefits-of-walking-outside/#::-text=Many%20people%20report%20feeling%20elated,positive%20emotions%20throughout%20your%20body.>
3. <https://www.urmc.rochester.edu/encyclopedia/content.aspx?ContentID=4552&ContentTypeID=1#::-text=Journaling%20helps%20control%20your%20symptoms,and%20identifying%20negative%20thoughts%20and>
4. <https://www.headspace.com/meditation/benefits>

## THREE THINGS TO REMEMBER WHEN USING THIS GUIDE

1. If you need urgent support, please reach out to your relevant emergency services
2. If you are unsure if you can participate in any suggested activities, please consult your GP or relevant expert
3. Research your local support services so you have them to hand.



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