

EMOTIONAL AND MENTAL WELLNESS

According to Tanya Peterson, MS, NCC, “Emotional wellness involves the awareness, understanding and acceptance of our feelings.” The AANA states self care is important, along with learning healthy coping mechanisms in both your personal and professional life.

All six concepts of wellness wind back to the fulfillment of emotional well-being. Living well, finding good in every day, experiencing both positive and negative emotions while understanding we aren’t defined by them, are the basis of sound emotional health.

There are many great resources out there regarding the concepts of emotional well being. A great place to start is to review the checklist and take the short quiz highlighted below.

Emotional health and well being are dynamic parts of our everyday life. Acquiring skills to remain on the positive side are essential to the health of our personal, professional, and social relationships.

From the [Mental Health America](#) website: "Not everyone experiences mental illness—but everyone has mental health. Instead of focusing only on people who have already reached a point of crisis, we try to help people understand their mental health needs as early as possible."

According to Bonita Banks, the social aspect of wellness plays a significant role in many aspects of our health, at every age but perhaps even more significantly as one becomes older. She defines social wellness as “a sense of connection, belonging, safety, and a reliable support system” which are just as critical as psychological and pharmaceutical therapy as well as physical health. In a TED Talk presentation regarding our emotional health, specifically those who struggle with anxiety and depression, author Johann Hari states “the very first step is we have to stop insulting these signals by saying they're a sign of weakness, or madness or purely biological, except for a tiny number of people. We need to start listening to these signals, because they're telling us something we really need to hear. It's only when we truly listen to these signals, and we honor these signals and respect these signals, that we're going to begin to see the liberating, nourishing, deeper solutions to healing emotionally.”

Peterson, T. (2018, May 11) What is Emotional Wellness? <https://www.healthyplace.com/self-help/self-help-information/what-emotional-wellness>

AANA <https://www.aana.com/practice/health-and-wellness-peer-assistance/about-health-wellness/emotional-and-mental-well-being>

Emotional Wellness Checklist/Toolkits <https://www.nih.gov/health-information/emotional-wellness-toolkit>

What is Emotional Health? <https://www.psychologytoday.com/us/blog/the-empowerment-diary>

How is Your Emotional Wellness? <https://pro.psychcentral.com/psychoeducation/2017/06/how-is-your-emotional-wellness-find-out-with-this-emotional-wellness-quiz/>

Looking for Happiness? Try purpose instead.

<https://www.bostonglobe.com/opinion/2019/05/16/looking-for-happiness-try-purpose-instead/urhn1rvUiyNzPyFzR4Rncl/story.html>

Bonita Banks <https://www.homernews.com/opinion/point-of-view-the-importance-of-social-wellness/>

https://www.ted.com/talks/johann_hari_this_could_be_why_you_re_depressed_or_anxious