



Q: What is Emotional Wellness?

A: Emotional wellness inspires self-care, relaxation, stress reduction and the development of inner strength.

*KEY = Keep Educating Yourself

February 2019

Q: What actions can be taken to help achieve emotional wellness?

A: Be optimistic.

-- Being optimistic and having a positive attitude can help with responding to emotions, both positive and negative, with a confident attitude.

-- Here are some strategies that can be practiced to boost your emotional wellness:

~**Remind yourself** to stay positive, always.

~**Smile.**

~**Seek or accept help** and support from others when needed.

~**Employ gratitude** to your life in order to strengthen relationships with family and friends.

~**Practice being mindful** and increase your awareness. This can be done through various forms of meditation.

~**Accept mistakes and learn** from them for next time. Mistakes are not terrible experiences; they are learning experiences.

~**Balance** your other dimensions of wellness.

Q: Is there a SNC recommended resource for learning more about emotional wellness?

A: Yes! TAO



(Therapy Assisted Online)

TAO offers educational materials and interactive modules to help users learn strategies and skills that foster wellness.

Visit the TAO website and create an account for access to digital self-help and therapy tools. This QR code leads to the TAO website.



Q: Any suggestions for February events to attend on campus?

A: Here are a few great choices!

***Winter Wellness: Food for Your Mood & Yoga**, February 7th, 3:00 to 4:30 PM at the Cassandra Voss Center. Scan the QR code for more information.



* **Amanda Vernon, Acoustic Artist** February 28th, 6:00 PM at the Campus Center Lounge. Watch Amanda's video.

Source for Emotional Wellness information:
University of California, Davis
<https://shcs.ucdavis.edu/wellness/emotional>



To Learn More about Wellness By Design

Speak with

Health & Wellness Services @ 920.403.3266

Counseling & Psychological Services @ 920.403.3045

Office Hours:

Monday – Friday 8:00 AM to 4:30 PM

Located on the 2nd floor of the

Mulva Family Fitness & Sports Center

www.snc.edu/wellnessbydesign/

