

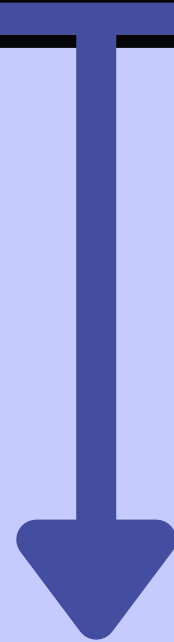


# WELLNESS WEDNESDAY

## What is emotional wellness?

Let's talk about it.

Emotional wellness refers to your ability to cope with and adapt to stressful situations while also being aware of your own personal feelings and emotions.



Have a **positive outlook** on things, be forgiving and confident in your actions.



Manage stress by taking part in relaxing activities and being compassionate with yourself.



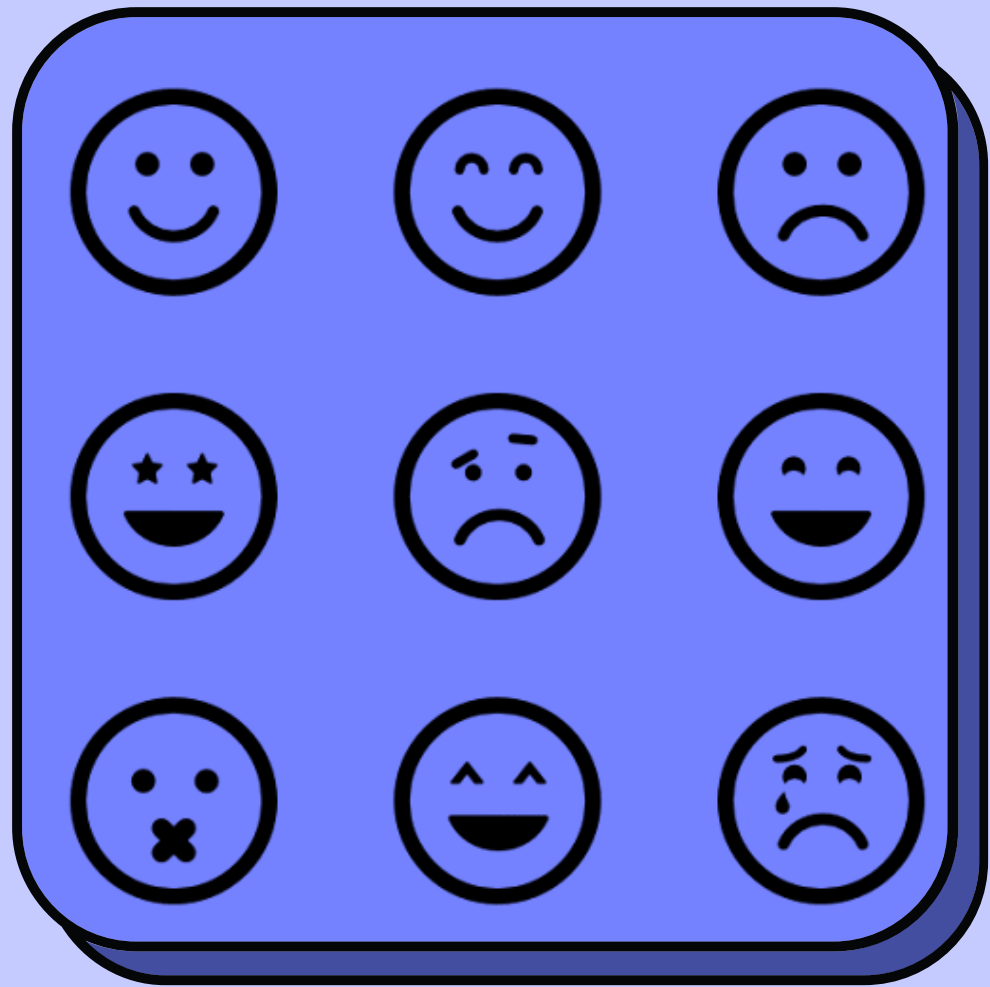
Get enough **sleep** by establishing a night time routine and limiting screen time before bed.



Develop a  
**support system**  
and surround  
yourself with  
positive people in  
order to build  
strong  
relationships.



**Practice**  
**mindfulness** by  
taking part in  
breathing  
exercises,  
enjoying the  
outdoors and  
being mindful  
when eating.



Allow yourself to  
experience a  
variety of  
**emotions** and  
become aware  
of what you're  
**feeling** and why.



## **Emotional Wellness Videos For Kids**

Emotional Wellness

Emotions for Kids

Resilience

Milndfulness for Children

