



WELLNESS WEDNESDAY

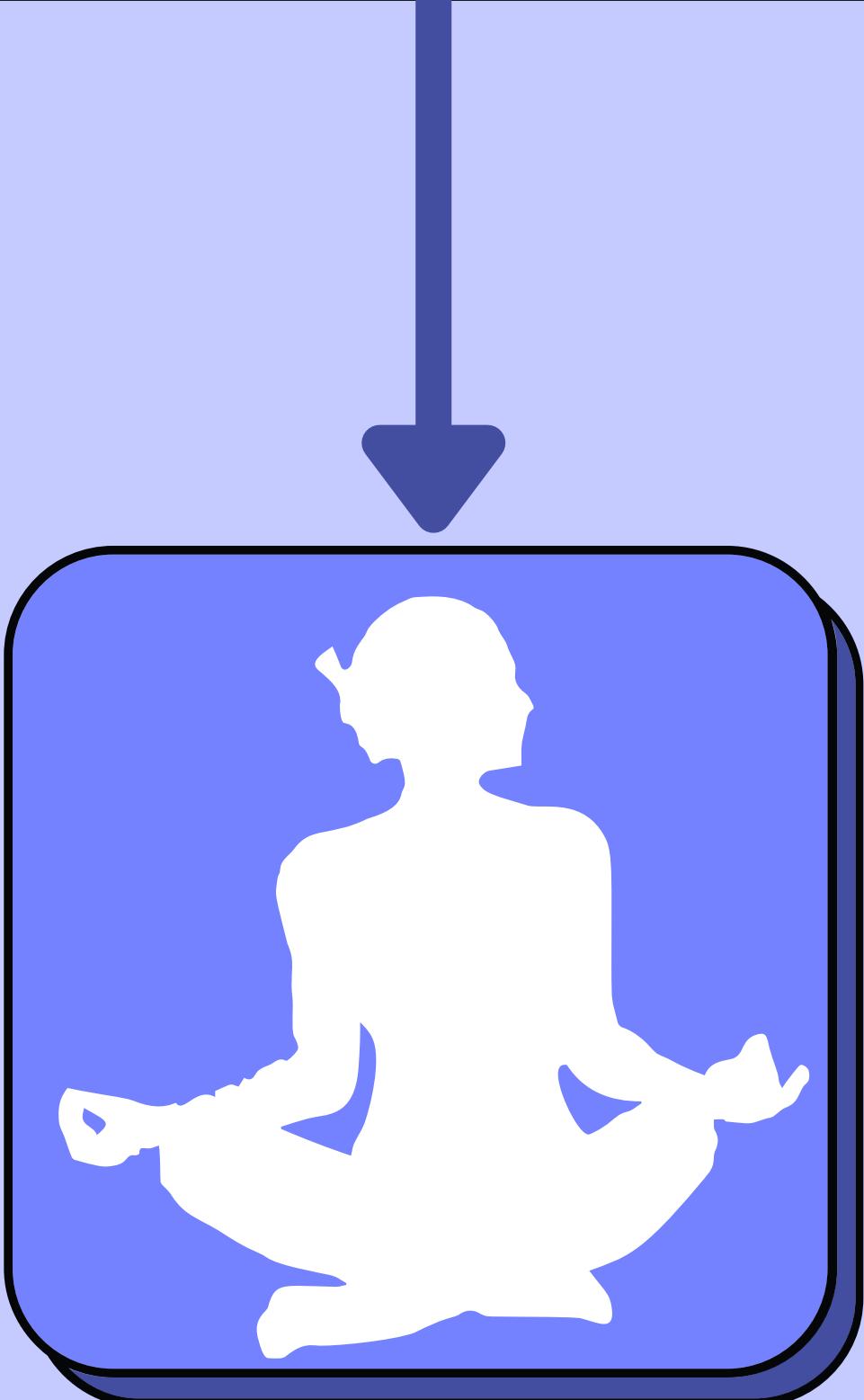
What is emotional wellness?

Let's talk about it.

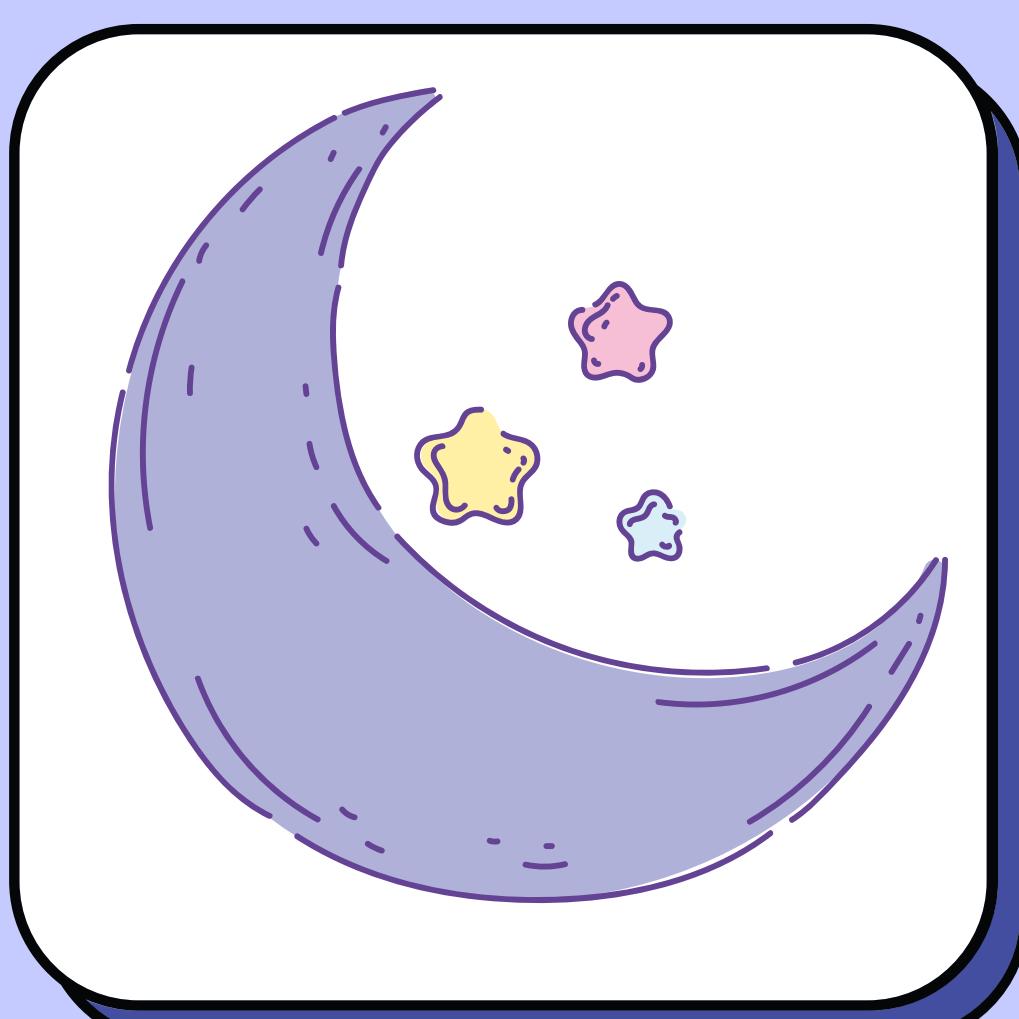
Emotional wellness refers to your ability to cope with and adapt to stressful situations while also being aware of your own personal feelings and emotions.



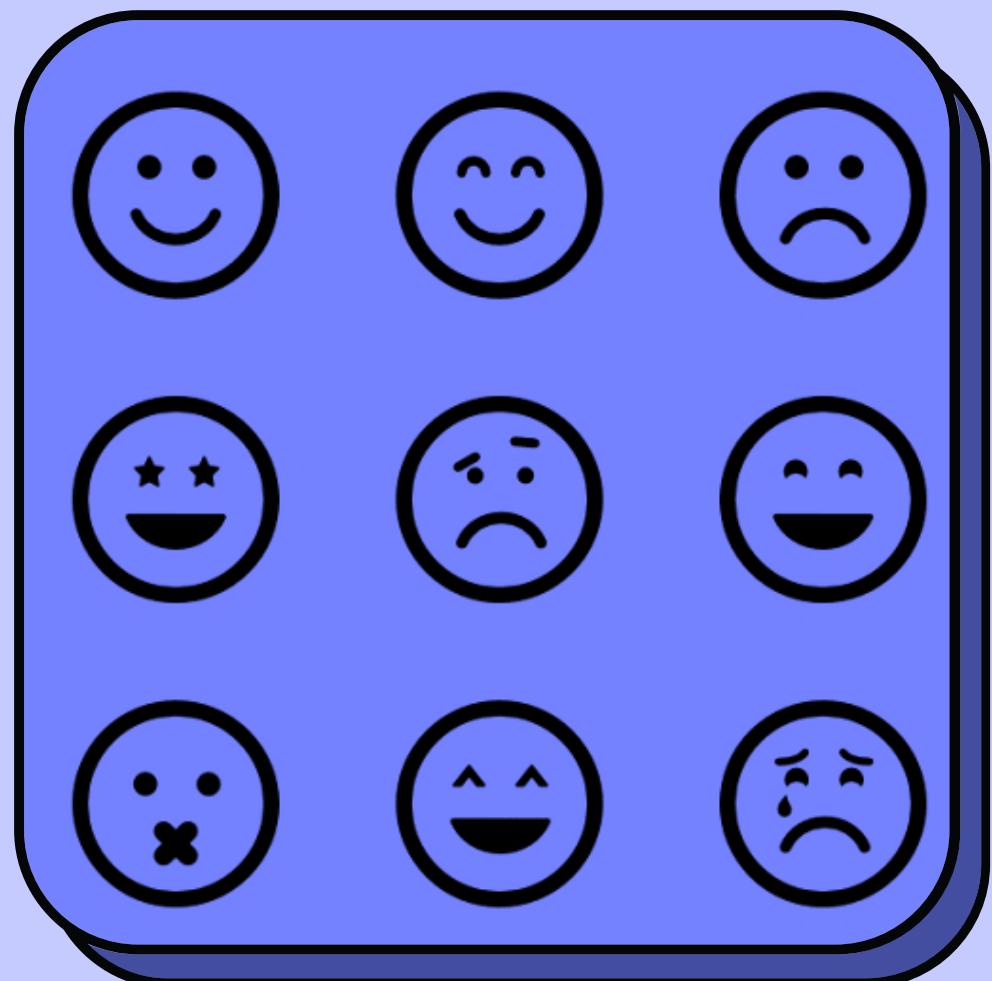
Have a **positive outlook** on things, be forgiving and confident in your actions.



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.



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



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.



Emotional Wellness Videos For Kids

Emotional Wellness

Emotions for Kids

Resilience

Mindfulness for Children