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Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties

- Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- Notice the good moments. Do something you enjoy, like reading or listening to music.
- Think of challenging situations as growth opportunities. Try to see the positive side of things. Learn from your mistakes.
- Take time to be thankful each day.
- Guide your life by the principles important to you.
- Surround yourself with positive, healthy people. Ask for help when you need it.