

Emotional Health and Well-Being: Maintaining Positive Mental Health

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Introduction to Emotional Health

- * Concept synonymous with well-being
- * Vital to living a life of wholeness, balance, and contentment
- * Refers to well-being and the way we view and live—
living a life of wellness

Definition of Emotional Health

- * State of positive psychological functioning
- * Optimal functioning of thoughts, feelings, and behaviors that make up our internal and external world
- * Overall experience of wellness through both the highs and lows of life
- * Mental Health Foundation: “Emotional health is a positive state of wellbeing which enables an individual to be able to function in society and meet the demands of everyday life.”

Resilience

- * WHAT IT'S NOT: Emotional Health does not imply the absence of all negative emotions or faking positive emotions when they are not felt!!!
- * WHAT IT IS: The freedom to experience negative emotions and knowing that this will not effect your overall emotional health and your happiness.
 - * Healthy
 - * Necessary

RESILIENCE



YOU HAS IT!

memegenerator.net

Benefits of Emotional Health

- * Takes work!!!
- * Attending to and fine-tuning thoughts, feelings, and behaviors
- * Worth the effort!
- * Cultivates positive change and personal growth
- * Promotes positive self-concept

How does Emotional Health feel?

- * **Balance** between leisure and work
- * **Purpose**—for their life
- * **Enjoyment**—value of joy and laughter
- * **Less stress**—and better equipped to deal with stress
- * **Content**—in relationships and work



purpose
the reason for which something
is done or created; an intention



What are the characteristics of Emotional Health?

- * Treating others well
- * Liking who you are
- * Flexibility
- * Gratitude
- * Embracing emotions

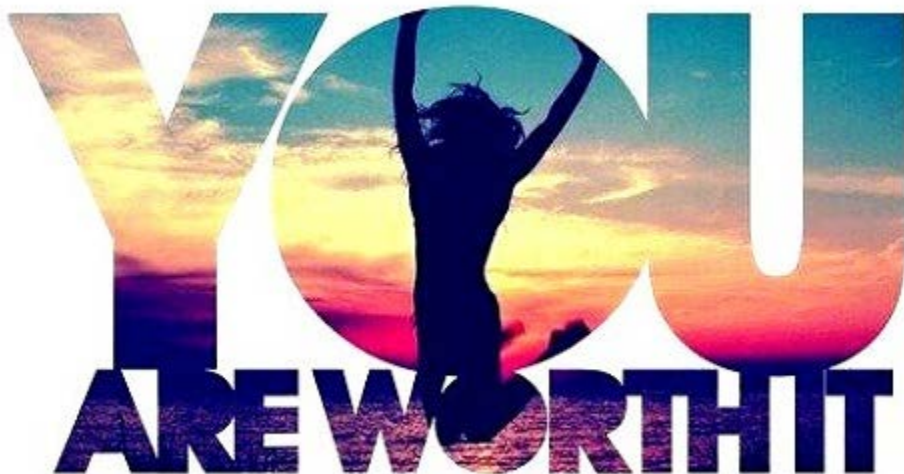
Improving & Maintaining Emotional Health

- * Involves creating and defining your own life—positive psychology concept
- * Similar to physical health—the goal is not only freedom from illness, but feeling and living well also!
- * Identifying emotions and using them constructively—
Leads to emotional regulation—the ability to control emotions and adjusting our mindset and behavior accordingly

How do I do that?

- * Identifying Personal Strengths
- * Developing a Healthy Self-Concept
- * Building a Social Network
- * Keeping Stress Levels in Check
- * Finding Purpose and Meaning
- * Honoring Creativity and Leisure Time

Value Yourself



Make Social Connections



Keep Stress Levels in Check

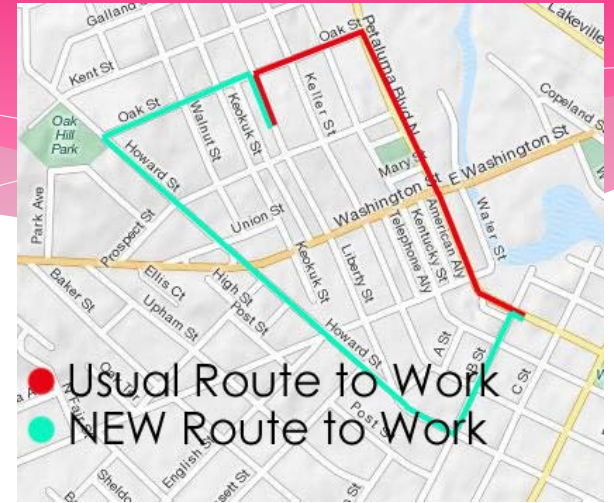
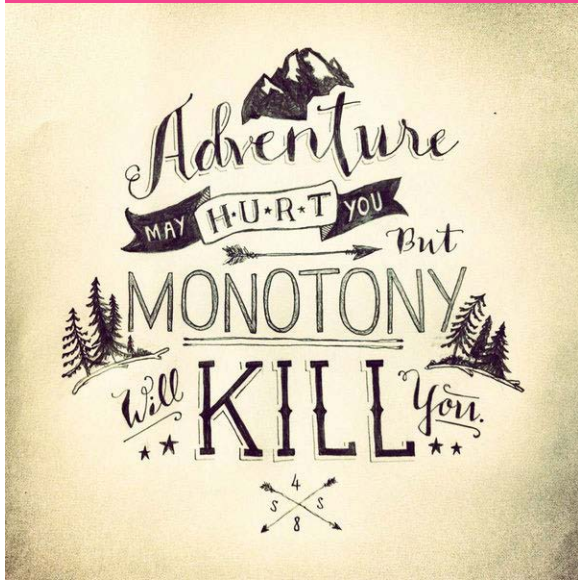


TAKE CARE HOW YOU
**SPEAK TO
YOURSELF**

--- BECAUSE ---

you are listening

Break Up Monotony



Find Purpose & Meaning



Today you are you,
that is truer than true.
There is no one alive
who is Youer than You.
-- Dr. Seuss

