10 TIPS FOR EMOTIONAL HEALTH

Paying attention to your emotional health can help you manage stress and emotions.

1. **Practice Deep Breathing.** Deep breathing relaxes your body and lowers your blood pressure and heart rate.

2. **Name Your Emotions.** Naming your emotions helps you be more aware and decide how you will react.

3. **Try Not to Judge Your Emotions.** Judging our emotions can make them seem worse.

4. **Know Your Emotional Triggers.** Knowing what makes you angry, sad or anxious will help you be better prepared.

5. **Be More Mindful.** Be aware of what is around you and try to notice your thoughts and feelings.


7. **Talk to Someone You Care About.** Humans are social! Make time to talk and connect with others.

8. **Sleep Well.** Sleep is important for your mind and body.

9. **Stop “Shoulds” in Their Tracks.** Don’t put too much pressure on yourself about what you “should” or “shouldn’t” be doing.

10. **Do the Things That Make You Happy.** Identify the things that make you happy and make time for them.

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