



UNIVERSITY OF OTTAWA
HEART INSTITUTE
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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.
- 6 Move Your Body.** Physical activity decreases anxiety and improves mood and self-esteem.
- 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.