

 e-tips...*to help you Live Well*

Five things we can do to have emotional wellness

The list of behaviors that make us physically healthy is clear and easily accessed in the media. What's required to make us emotionally healthy is a little more obscure — and it's generally not the kind of thing our medical providers write out a prescription for us.

To fill that gap, I'd like to share with you my top five behaviors for being emotionally well. This list comes from 40 years of practicing in the mental health field and from my own life experiences.

Terri's Top Five Behaviors for Emotional Wellness

1. Make self-care non-negotiable. Self-care is the time and attention we give ourselves to meet our needs. It's the fuel for our mind, body, and spirit — and just like other kinds of fuel, if you don't take time to fill up on a regular basis, then it's challenging to do the easy things and impossible to do the hard things.
2. Don't believe everything you think. We have as many as 50,000 thoughts a day — or 10,000 daily internal conversations with ourselves. If these thoughts are healthy and rational, we feel resilient and optimistic. But if our thoughts are distorted and irrational, we'll be defeated and miserable. Take responsibility for your thinking by being mindfully aware of the connection between your thinking, your emotions, and your actions.
3. Become your own best expert. Life can be a series of experiments where we learn what works best for us to be healthy, wealthy, and wise. So pay attention to what you learn. Keep notes.
4. Crave learning. We can do numbers 1-3 better if we're continually open to new ideas, suggestions, and experiences.
5. Spend more time with people who are emotionally healthy. You'll know who they are with this simple test. Ask yourself: Do I feel better or worse after spending time with this person?

One note: Instead of being overwhelmed with this list, I continually try to practice what I preach by taking small steps forward and believing that taking a step backward isn't a disaster, it's a cha-cha!

P.S. Let's add number 6, too: Until further notice, let's celebrate everything!

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