Emotional

• Emotional wellness focuses on ensuring that you are attentive to your feelings, thoughts and behavior. This includes both positive and negative reactions, though overall you should seek an optimistic approach to life, enjoying life in spite of occasional disappointment and adjust to change and express your emotions appropriately.

• This dimension of health focuses on an awareness and acceptance of feelings and stressors. Emotional well-being includes the ability to manage your feelings and related behaviors, the ability to cope effectively with stress, and the adaptability to change. There are practical ways to enhance mood, build resilience and improve your response to life’s challenges. Just as it requires effort to build or maintain physical health, the same is necessary for emotional health.

• Emotions contribute to almost all aspects of our life, at times, even setting course of actions. Symptoms of emotional problems, such as hopelessness, depression, anxiety, and even suicidal tendencies are not always easily detectable but can lead to dire consequences.

• Awareness and acceptance of our strength and shortcomings is essential for our emotional wellbeing.