



## How to boost your emotional well-being

Emotional wellness is an awareness of your emotions -- and your ability to manage effectively through challenges and change.

**Just like your physical health -- it's important to take care of your emotional health too:**

**Brighten your outlook.** Reflect on your day and think about three good things that happened to you. Even the smallest things, like being paid a compliment, count.

**Reduce stress.** Decide what must get done and what can wait. Say "no" to new tasks if possible if they are overwhelming you.

**Get quality sleep.** Establish a bedtime routine and avoid alcohol and caffeine late in the day.

**Spend time with family and friends.** If you can't be together in person, it may mean more texts, phone calls and video calling.



### Wellness Webinar Series

Learn about emotional health and how to improve it.

**May 18, 2021 | 10:00 AM, 12:30 PM and 4:30 PM, ET**

<http://go.activehealth.com/wellness-webinars>



## Coach's corner

As an ActiveHealth wellness coach, Mallory's approach to health is simple – find fitness activities you enjoy and fuel your body with foods that help you feel your best.

Coach Mallory  
MA, BA, NASM BCS

### Mallory's well-being tips:

#### Positive thinking is a skill that needs to be practiced

**daily.** If stress is coming from negative self-talk, change the story you are telling yourself. Use the word "yet" regularly. For example, "I'm not sure how to handle this yet, but I will figure it out."

**Rest, nutrition, and physical activity are at the heart of self-care.** Find activities that lift your spirit and make you smile.



### Sweet and Spicy Sliders

Try this heart-healthy favorite from the grill.

Find more recipes at:

**MyActiveHealth.com > Resources > Learning Center.**

## How to be more positive.

Studies suggest that having a positive outlook can benefit your physical health.<sup>1</sup> The key is being able to hold onto positive emotions longer and appreciate the good times. Here's how:

**Remember your good deeds.** Give yourself credit for the good things you do for others each day.

**Forgive yourself.** Learn from your mistakes, but don't dwell on them.

**Spend more time with people you enjoy.** Surround yourself with positive, healthy people.

**Keep healthy habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.

1. National Institutes of Health (NIH), "Emotional Wellness Toolkit", March 3, 2021, <https://www.nih.gov/health-information/emotional-wellness-toolkit>



For more tips on how to manage your well-being, visit **MyActiveHealth.com**

