EMOTIONAL INTELLIGENCE

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what’s happening in the present—of all that’s going on inside and all that’s happening around you. It means not living your life on “autopilot.” Becoming a more mindful person takes commitment and practice.

TO BE MORE MINDFUL:

- PUT A NAME TO A FEELING
- THINK ABOUT OTHERS
- CONSIDER YOUR FEELINGS
- UNDERSTAND CAUSE AND EFFECT
- BE RESPONSIBLE FOR YOUR FEELINGS

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