

## IGNITE THE SPARK WITHIN:

### MINDFUL AND INSPIRED FOR MENTAL AND EMOTIONAL WELLNESS

Start the New Year off with a focus on you! Get inspired in 2022 to work on your emotional and mental wellness. According to the National Center for Emotional Wellness, emotional wellness is the awareness, understanding, and acceptance of your emotions and your ability to manage effectively through challenges and change.

Good emotional health doesn't mean you're always happy or free from negative emotions. It's about having the skills and resources you need to manage the ups and downs in your day-to-day life.

Check out these tips to help you manage your stress and anxiety while putting you on the path to good mental and emotional health.

#### PRACTICE GRATITUDE

Create positive emotions in your day by showing gratitude for the things you have in your life. Practice some positive morning mantras to help you kick-start your day with gratitude.

#### DEVELOP HEALTHY PHYSICAL HABITS

Eating nutritious foods, participating in physical activity, and creating healthy sleep habits can help to improve your physical and mental health.

#### REDUCE STRESS

It's easy to go, go, go with life's duties. Consider reducing your stress by scheduling regular times for a relaxing activity that uses mindfulness/breathing exercises, like yoga or tai chi. Or listen to some music and dance in your kitchen while you make yourself a meal. Even sitting on the floor and breathing deeply for a few minutes a day will nourish your emotional wellness.

#### BREATHE DEEPLY

Did you know that your breath is a powerful tool to support your mental, emotional, and physical wellness? When feeling anxious or stressed, try taking a few deep breaths. Breathe in through your nose to a count of four, hold for one second, and then exhale through the mouth to a count of five. You may notice a difference in how you feel already.

#### BE SOCIAL - INTERACT WITH OTHERS

Staying connected to family, friends, and others can support your overall emotional wellness. Something as simple as a phone call, a video chat, text message, or smiling at a stranger can release endorphins and lower your anxiety and depression while boosting your self-esteem.

#### BE MINDFUL

The concept of mindfulness is simple and practicing it can help you stay engaged and know what's happening in and around your community. Being mindful can help you cope in situations that will keep your emotional and mental wellness balanced. Coping strategies like meditation, journaling, listening to music, or talking to a therapist can all lead you to a happy mindset.

