

## Tips for Emotional Wellness

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- **Check-in with yourself:**

- Your body and mind speak to you, especially when overwhelmed. Try to notice some of the below signs to spot high stress.
  - **Hyper-arousal:** Quick to become irritated or annoyed, high anxiety and worry, unusually high energy
  - **Hypo-arousal:** Unusually tired, feeling spacy, feeling numb, feeling frozen.

- **Practice Self-Care:**

- Remember that **self-care is anything that you do for YOURSELF**. Self-care can be little (brushing your teeth) or big (getting a massage) as long as you take the time to do it for yourself.

- **Practice Mindfulness:**

- Mindfulness means **being aware of the present**. Be conscious of what you are doing; even narrate it in your head if it's helpful. Whether you're eating, going for a walk, or taking a big test, try to stay in the moment.

- **Exercise:**

- Going for walks outside, hitting the gym, or even doing a quick walk around the block **releases endorphins which assist with mood stabilization and more positive feelings**.

- **Get Enough Sleep:**

- Sleeping allows the mind to reset and process the day's events. **Seven or more hours of sleep a night is most beneficial for the mind and body to rest and recharge.**

- **Laugh:**

- Laughter is the best medicine. Laughter aids in **easing tension in the body** which can last up to 45 minutes!

- **Positive Self Talk:**

- Our thoughts play a major impact in our moods and behaviors. Dr. Shalu Ramchandi from Harvard University suggests, **"For every negative or stressful thought experienced, try to find three positive ones."**

- **Connect with Others:**

- Maintain meaningful relationships with others. **Find a community that allows you to feel valued, cared for, and supported.**

- **Practice Deep Breathing:**

- Taking deep breaths allows the brain to manage the stress response better. **Try the 4-4-4 method of breathing to assist in regulation during times of high stress.**

### SQUARE BREATHING



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- **Seek Help:**

- Don't be afraid to seek professional help if your stress is unmanageable. **Wedgwood Christian Services' Bouma Counseling Center has no waitlist** and our team is ready to assist you – wherever life finds you. For further information, or to make an appointment, call our intake line at (616) 942-7294.