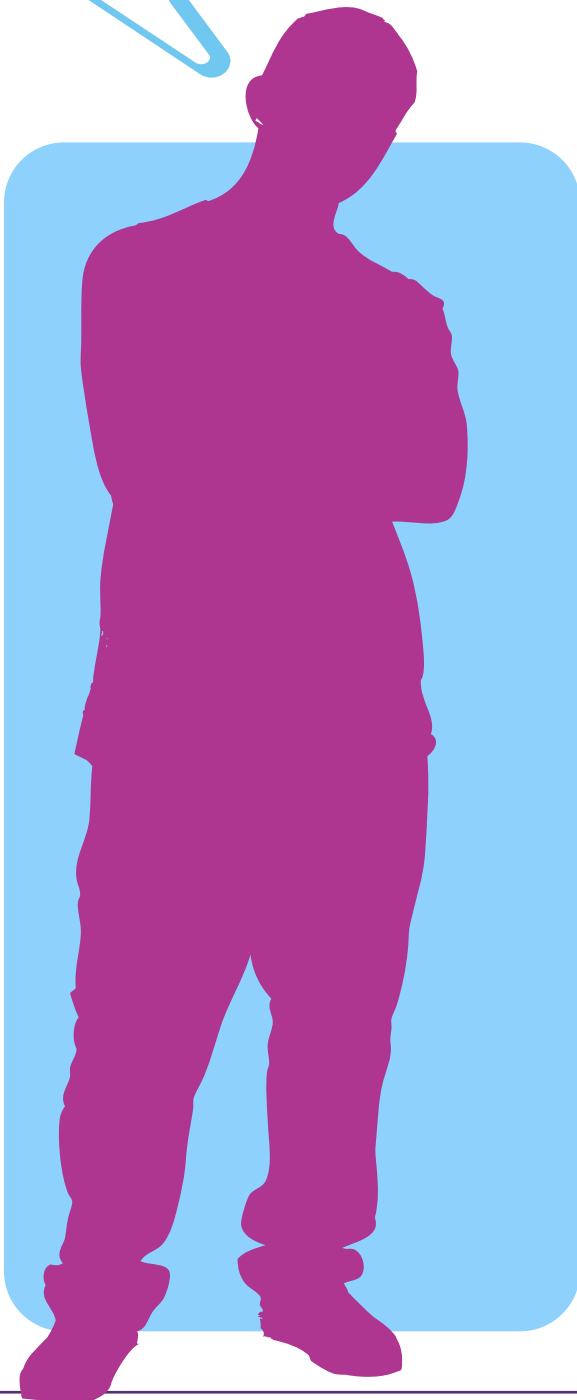




Check It: Emotional Well-Being

What is emotional well-being?



Your well-being is influenced by many factors. Although emotional wellness is something that isn't always on your mind, it can often impact your overall well-being. There are many ways to improve and maintain your emotional wellness and overall enjoyment of life.

Section 1

What is emotional well-being? Why is it important?

Emotional well-being is your overall ability to produce healthy emotions, thoughts, and feelings when faced with difficult circumstances or challenges. It's your ability to stay grounded when you are in situations that you feel are out of your control. Maintaining your emotional well-being is an important factor in staying healthy.

Section 2

What is self-compassion? How do I practice self-compassion?

Self-compassion is greeting yourself with understanding and patience. There are so many ways you can practice self-compassion!



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Check It: Emotional Well-Being

Section 3

What is emotional self-care? How can I practice emotional self-care?

Emotional self-care is noticing and nurturing your feelings and emotions. There are many quick tips that will help you to become more in touch with and accepting of your emotions.

Section 4

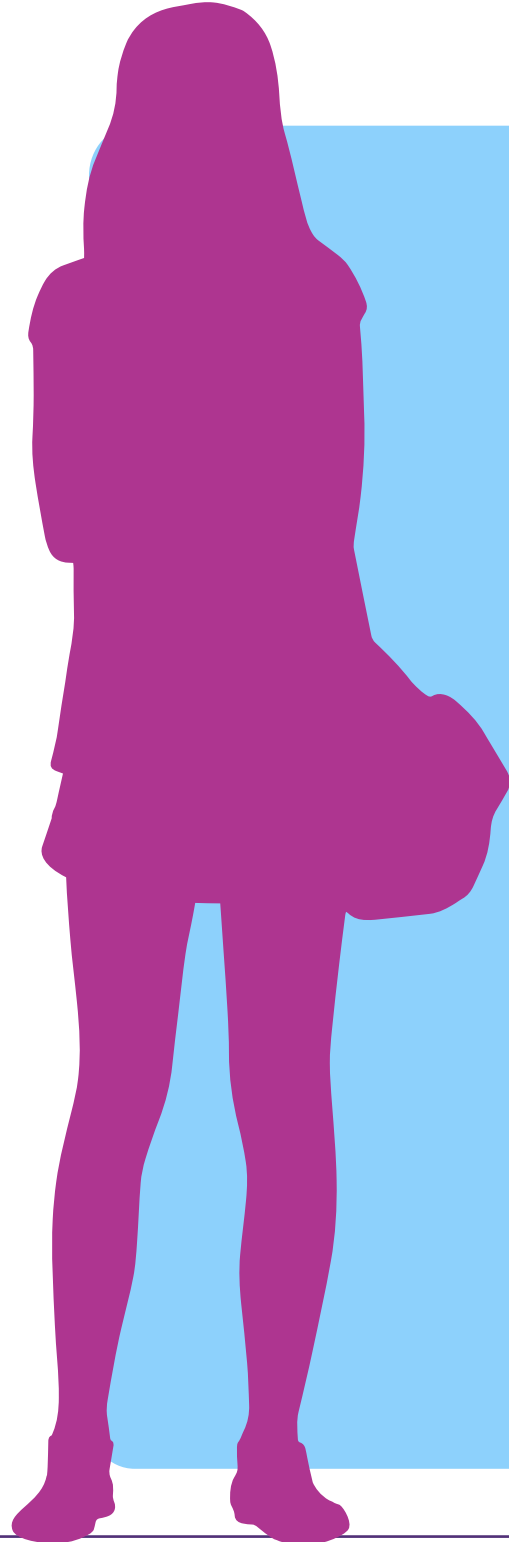
How do I recognize when I need an emotional break?

Sometimes it can be difficult to recognize when you need an emotional break. There are many signs that indicate that you may be in need of an emotional break, such as irritation, fatigue, or aggression. Check out this section for additional information and resources!

Section 5

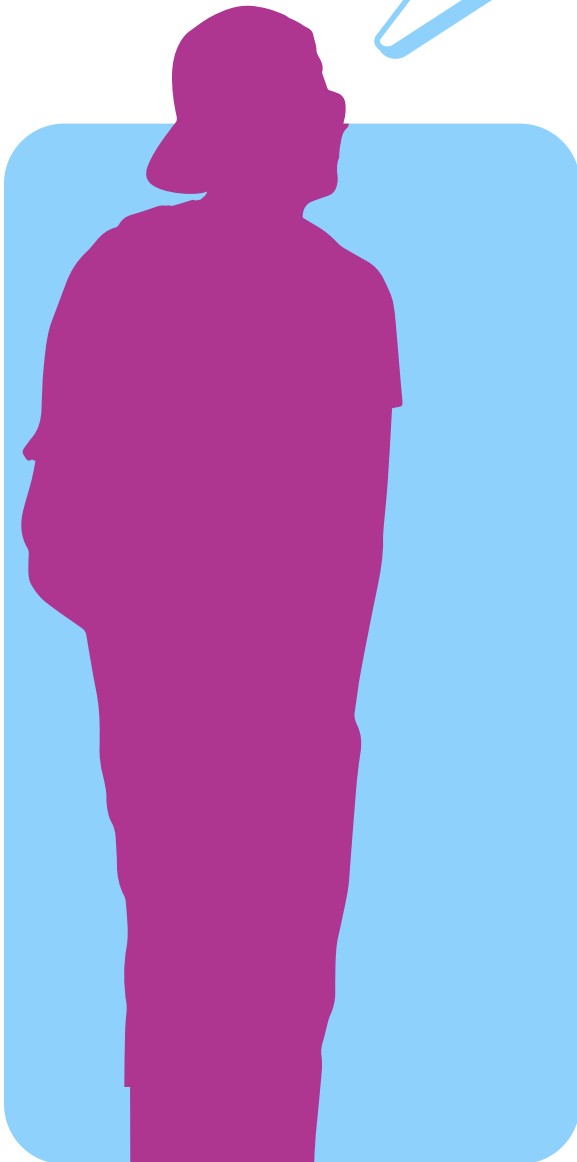
What are boundaries? How do I create and maintain healthy boundaries?

Boundaries are used as a way to create space between you and another person and can serve as a way to protect your overall well-being. Maintaining boundaries can be difficult and sometimes scary but it does not have to be. Check out some ways to set and maintain healthy boundaries!





What is emotional well-being? Why is it important?



Emotional well-being is your overall ability to produce healthy emotions, thoughts, and feelings when faced with difficult circumstances or challenges. It's your ability to stay grounded when you are in situations that you feel are out of your control. Maintaining your emotional well-being is an important factor in staying healthy.

Why is emotional well-being important?

According to the National Institutes of Health (NIH), emotional well-being is important because it can affect how people function and carry out everyday tasks. It identifies the following factors that can influence emotional well-being:

- Challenges with work, school, relationships, or home life
- Changes in health
- Changes in relationships
- Losing loved ones
- Moving away from family and friends

Source: Sissons, B. (2023, February 10). *What is Emotional Health and Well-being?* Medical News Today. <https://www.medicalnewstoday.com/articles/emotional-wellbeing>

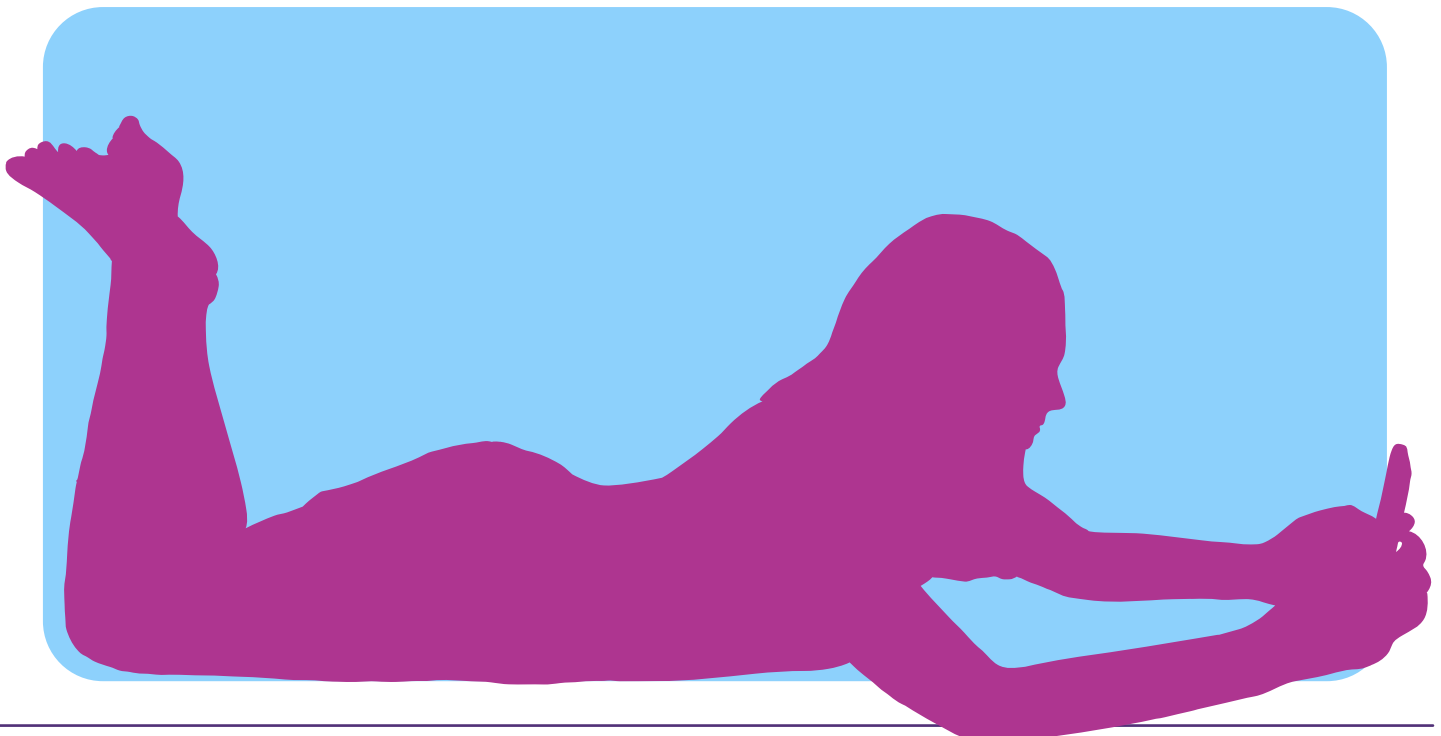


How to Improve Emotional Well-Being

- Be mindful (paying attention in the moment to your thoughts, emotions, body, and environment with an attitude of kindness)
- Manage and reduce stress
- Connect with others
- Develop coping skills to deal with challenging emotions
- Reach out for support
- Establish a routine (Create healthy habits and balance your work life from your personal life)
- Move your body (Get physical and make some time to move or stretch)

Resources

- BetterUp: **“What is Emotional Well-being? 8 Ways to Improve Your Mental Health”**
<https://www.betterup.com/blog/what-is-emotional-well-being>
- Medical News Today: **“What is Emotional Health and Well-being?”**
<https://www.medicalnewstoday.com/articles/emotional-wellbeing>



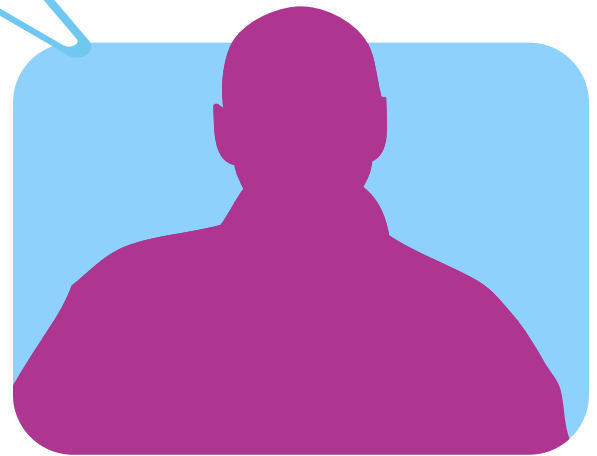


What is self-compassion? How do I practice self-compassion?

Self-compassion is allowing your emotions to exist without judgement; this can be hard if you grew up in, or are living in, emotionally invalidating environments. Emotionally invalidating environments are spaces that dismiss, disregard, or ignore your emotional needs. Understanding and accepting that your emotional responses are valid is a great way to start practicing self-compassion.

Some additional things you can do to practice self-compassion are talking kindly to yourself, being mindful of the way you speak to others, or taking time to reflect on small things instead of the big picture.

“Self-compassion is key because when we are able to be gentle with ourselves in the midst of shame, we are more likely to reach out, connect, and experience empathy.”¹



Tips for Practicing Self-Compassion

- Be patient with yourself
- Allow your emotions to happen
- Mindfulness (paying attention in the moment to your thoughts, emotions, body, and environment with an attitude of kindness)
- Offering yourself a break
- Keeping realistic expectations of what you can accomplish
- Honor your own boundaries
- Keep yourself in safe spaces

¹Brown, B. (2012). *Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead*. New York: Penguin Publishing Group.



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Check It: Emotional Well-Being

Section 2.2

Self-Compassion Statements

I forgive myself for the mistakes I have made in the past. I am only human, and humans make mistakes.



I am doing the best that I can and that is enough.



I will be patient with myself.



I am not a bad person because of the choices that I have made. I was trying to survive. Now that I know how to do better, I will do better.



I have nothing to be ashamed about. I am going to give myself the space and support I need.





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Check It: Emotional Well-Being

Section **2.3**

I LOVE Myself Enough to...

- Tell someone that I'll no longer accept certain behaviors and follow through on my own word
- View myself as: powerful, capable, and vulnerable
- Have difficult conversations I need to have, even when it makes me uncomfortable
- End my pattern of people pleasing and start honoring my own needs and boundaries
- Gently push myself to grow and learn more
- Allow relationships to come and end to make space for new relationships that are more in alignment
- Celebrate how far I've come

Resources & Steps for Self-Compassion

- Greater Good Science Center: **"Being Kinder to Yourself"**
<https://www.youtube.com/watch?v=AyQdeYjXUhE>
- PositivePsychology.com: **"How to Practice Self-Compassion: 8 Techniques and Tips"**
<https://positivepsychology.com/how-to-practice-self-compassion>
- Greater Good in Education: **"A Moment for Me: A Self-Compassion Break for Teens"**
<https://ggie.berkeley.edu/practice/a-moment-for-me-a-self-compassion-break-for-teens>
- Science of People: **"10 Powerful Tips You Can Use to Practice Self-Compassion"**
<https://www.scienceofpeople.com/self-compassion>



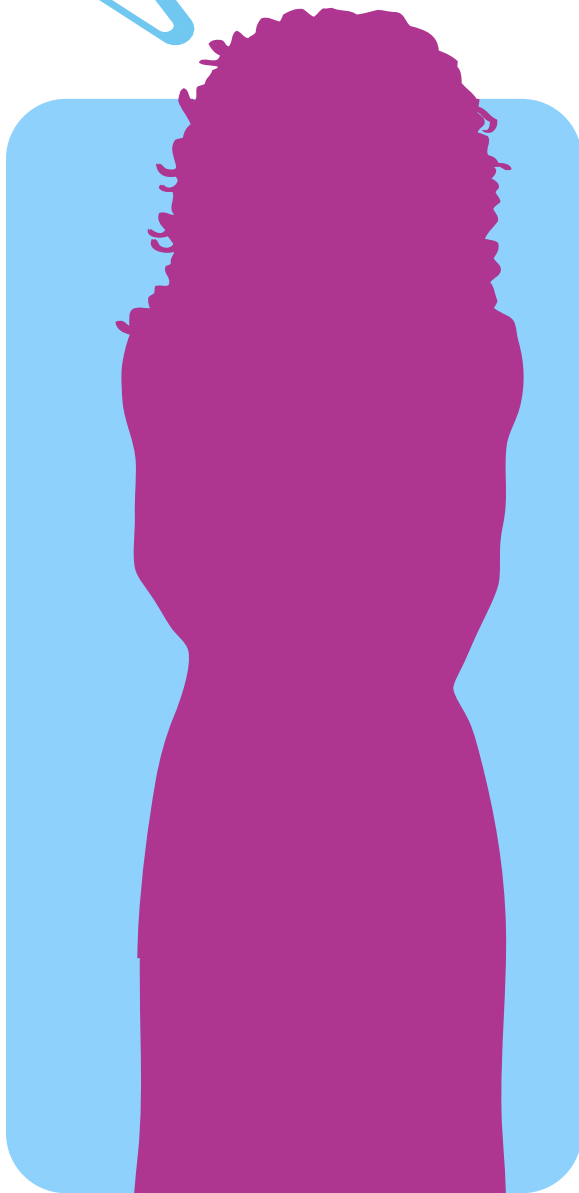


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Check It: Emotional Well-Being

Section **3.1**

What is emotional self-care? How can I practice emotional self-care?



Emotional self-care is noticing and nurturing your feelings and emotions. Caring for your emotional life is an important step to decreasing stress, calming your nervous system, and healthy coping when dealing with difficult situations. Emotional self-care is just as important as tending to your basic needs; it's important to note, our emotions can often be impacted if we are neglecting our basic needs.

Practicing emotional self-care can look like:

- Turning your attention towards your body
- Taking an emotional break
- Asking for help before you need it (Pre-Ask)
- Practicing mindfulness (paying attention in the moment to your thoughts, emotions, body, and environment with an attitude of kindness)
- Being in environments where you feel safe
- Consciously choosing how to respond
- Limiting exposure to news or social media
- Staying connected to others
- Practicing gratitude
- Meditating
- Moving your body
- Laughing
- Enjoying a hobby



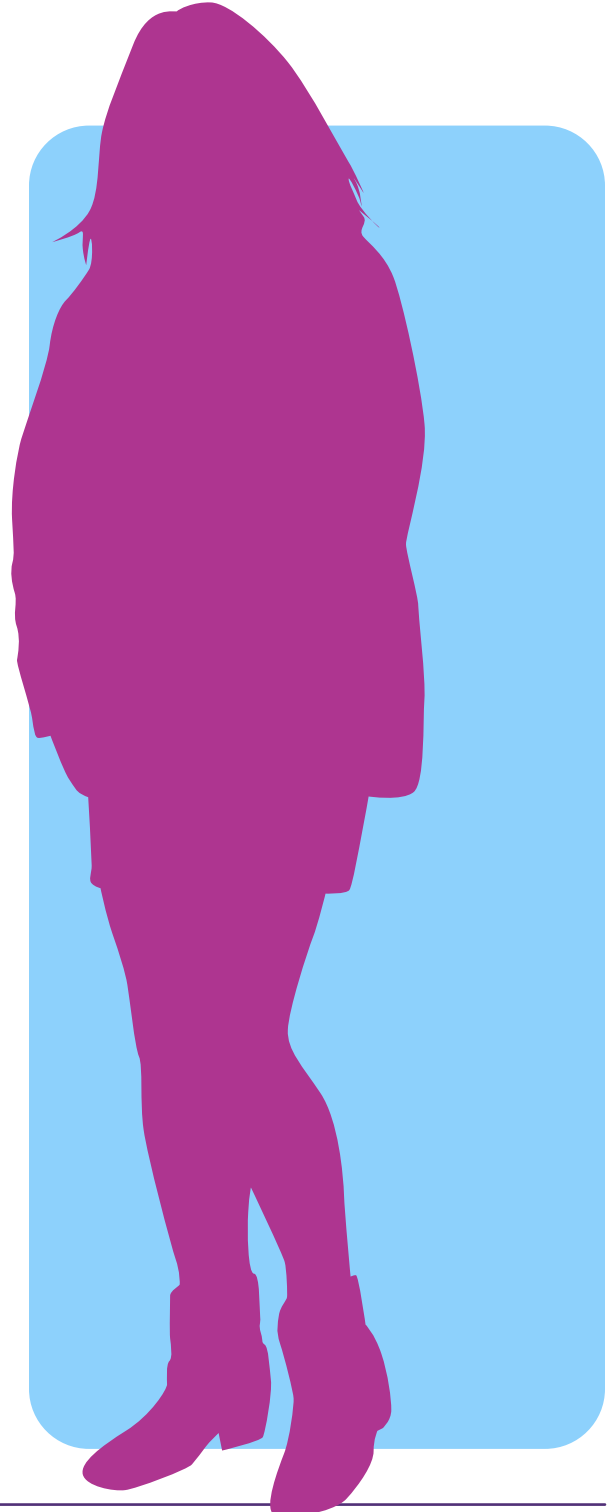
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Check It: Emotional Well-Being

Section **3.2**

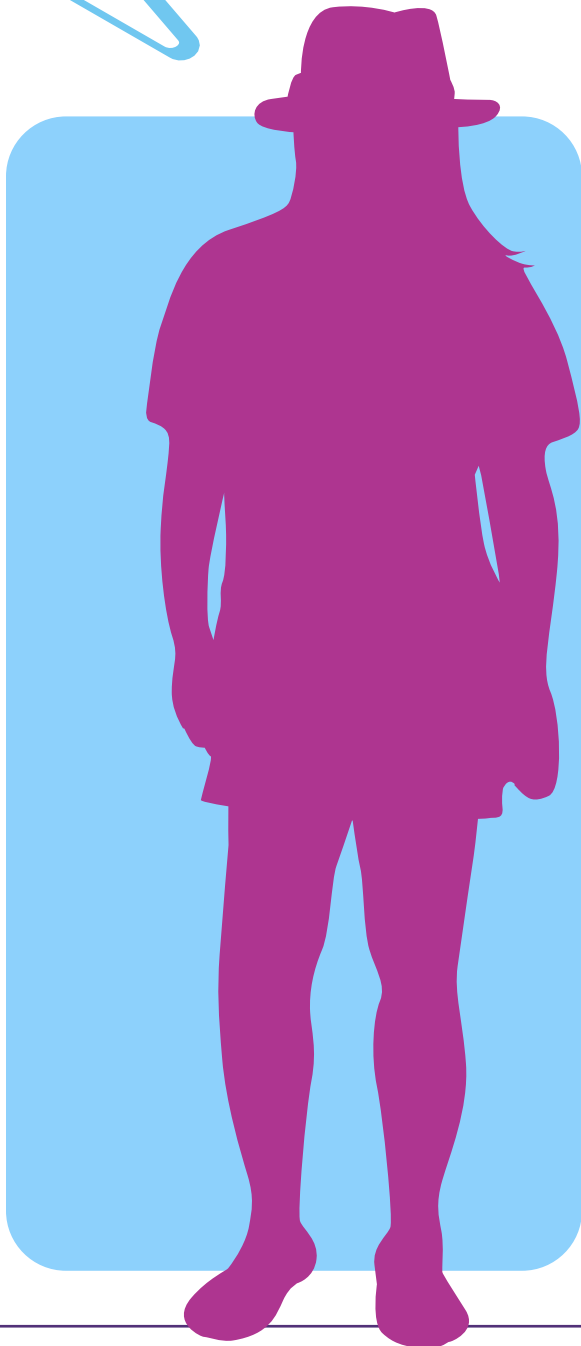
Resources

- Psychology Today: **"11 Self-Care Tips for Teens and Young Adults"**
<https://www.psychologytoday.com/us/blog/inside-out-outside-in/201912/11-self-care-tips-teens-and-young-adults>
- Kiddie Matters: **"80+ Self-Care Activities for Teens"**
<https://www.kiddiematters.com/80-self-care-activities-teens>
- Kids Helpline: **"Self-care"**
<https://kidshelpline.com.au/teens/issues/self-care>





How do I recognize when I need an emotional break?



It can be difficult to recognize when you are in need of an emotional break. Everyone needs to take a break from time to time and there is no shame in taking one! Here is some additional information on when you may need to take an emotional break and how to deal with emotional burnout.

Signs you need an emotional break:

- Persistent feelings of sadness or hopelessness
- Feeling irritable, tearful, or angry
- Withdrawing socially
- Loss of interest in activities that are usually enjoyable
- Changes to eating or sleeping patterns
- Feeling restless or agitated
- Fatigue or lack of energy
- Difficulty concentrating
- Neglecting self-care
- Difficulties with work or studies, or carrying out everyday tasks
- Mood swings
- Thoughts of death or suicide
- Self-harm
- Substance misuse



It is one thing to recognize the signs of needing an emotional break, but what can you do to deal with the emotional burnout that may result?

Ways to deal with emotional burnout:

- Acknowledge that you're feeling emotionally exhausted, or burnt out, and need an emotional break
- Identify why you're feeling this way
- Start thinking about ways to eliminate the feeling of exhaustion
- Allow yourself the time you need to rest and recover
- Reach out to a counselor or therapist
- Speak with a friend or other trusted adult

If you are in need of additional information on how to reach out to a counselor or therapist, check out **Need to Know: Counseling 101** at www.youthinprogress.org and the resources section on this page.

Resources

- Medical News Today: **"What is Emotional Well-being?"**
<https://www.medicalnewstoday.com/articles/emotional-wellbeing#what-it-is>
- Healthline: **"Emotional Exhaustion: What It Is and How to Treat It"**
<https://www.healthline.com/health/emotional-exhaustion>
- Psychology Today: **"How to Deal With Emotional Burnout"**
<https://www.psychologytoday.com/us/blog/the-upside-things/201908/how-deal-emotional-burnout>
- PsychCentral: **"Find a Therapist: Mental Health Resources for Everyone"**
<https://psychcentral.com/health/mental-health-resources>
- Psychology Today: **"Find a Therapist"**
<https://www.psychologytoday.com/us/therapists>





What are boundaries? How do I create and maintain healthy boundaries?



Boundaries are not something to be afraid of! You can express clear boundaries and protect them. You won't lose healthy friends, real opportunities, or other healthy relationships because you express what feels comfortable or safe to you.

How do I create and maintain healthy boundaries?

Creating and maintaining healthy boundaries can be difficult when you have experienced trauma. Trauma responses often lead to people pleasing (fawning). It can be a lot of work to create and maintain healthy boundaries, but it is important in the long run. Remember that your boundaries may shift over time - this is common as life changes, perspectives change, or there is a shift in relationships. You never need to feel bad about having or setting a boundary.

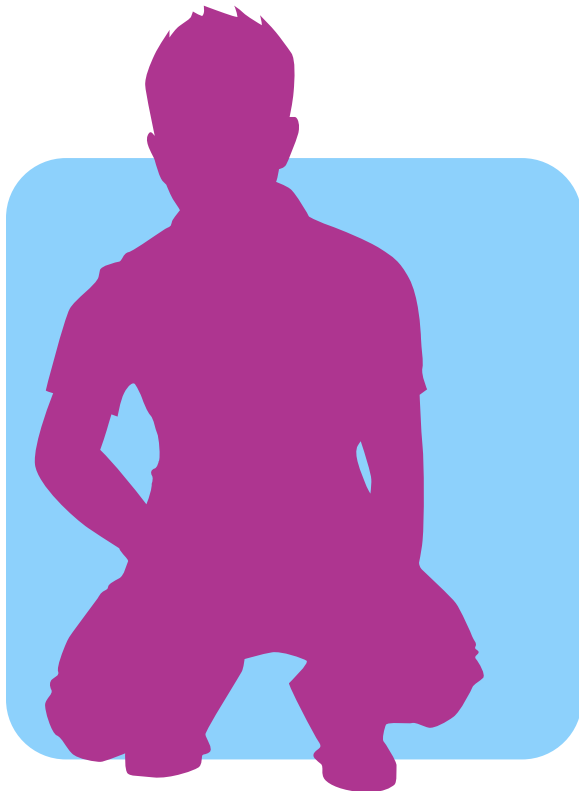
The Five Different Types of Boundaries

1. Physical
2. Sexual
3. Emotional
4. Intellectual
5. Financial



10 Ways to Create and Maintain Good Boundaries

1. Enjoy some self-reflection
2. Start small
3. Set them early
4. Be consistent
5. Create a framework (structure)
6. Feel free to add extra boundaries
7. Be aware of social media
8. Communicate openly
9. Be your biggest champion
10. Gain perspective



The “Five Things” Method

Think about your current boundaries and ask:

- How much attention do people expect from you at a moment’s notice?
- Do you always make yourself available? (For example: do you answer your phone no matter what’s going on?)
- How much praise and acceptance do you receive?
- Why are you popular with your friends?
- How do you feel after spending time with each friend or family member?

Learn more about these areas at:

PsychCentral: **“10 Ways to Build and Preserve Better Boundaries”**

<https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries>

Benefits of Healthy Boundaries

- Avoid burnout
- Develop autonomy (a sense of independence and self-determination)
- Develop identity
- Good emotional health
- Maintaining mental health



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Check It: Emotional Well-Being

Section **5.3**

Resources

- Verywell Health: **“What is Boundary Setting?”**
<https://www.verywellhealth.com/setting-boundaries-5208802>
- Zacharias Sexual Abuse Center: **“Setting Healthy Boundaries”**
<https://zcenter.org/blog/setting-healthy-boundaries-in-your-relationship>
- Verywell Family: **“What Teens Need to Know About Boundaries”**
<https://www.verywellfamily.com/boundaries-what-every-teen-needs-to-know-5119428>
- Newport Academy: **“Why Boundaries Matter: Teens, Authentic Connection, and Positive Relationships”**
<https://www.newportacademy.com/resources/mental-health/teens-health-boundaries>

