

## Stay Emotionally Wealthy Exercise

Your body responds to the way you think, feel and act. When you are stressed, anxious or upset your body will react in a way that tells you something isn't right. You may develop high blood pressure or a stomach ulcer after a stressful event or worrying periods of your life. The most important thing is to recognise your emotions and understand why you are having them. Here are some suggestions to stay emotionally wealthy.

Poor emotional health can weaken your immune system making it easier to catch colds or other infections. When you are feeling stressed or anxious, you may not feel like eating nutritious foods or exercising. The next section healthy body goes into the importance of keeping a healthy body.

As we saw before, your body responds to the way you think, feel and act.

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- that tells you something isn't right. You may develop
- high blood pressure or a stomach ulcer after a stressful event.

The most important thing is to recognize your emotions and understand why you are having them.

### Here are some suggestions:

**1. Express your feelings appropriately.** Keeping feelings of sadness, stress or anxiety inside can make you feel worse. It's OK to let others know when something is bothering you. Sometimes your family or friends are not able to help you and you may need to ask someone outside the situation, such as a counselor, to help.

**2. Live a balanced life.** Try not to obsess about the problems at work, school or home that are negative. Focus on the things that you are grateful for in your life. It's important to deal with those negative feelings but focus on the positive also. Research has shown that having a positive outlook can improve your quality of life and health.

**3. Develop resilience.** Resilience is the ability to "roll with the punches" and not let things get you down. Resilience can be learned and developed. Having a positive view of yourself, accepting change and keeping things in perspective are important.

**4. Calm your mind.** Relaxation methods such as meditation, listening to music, yoga, guided imagery CD's and Tai Chi are useful ways to bring emotions into balance. Guided imagery videos are available on YouTube.

**5. Taking care of yourself.** To have good emotional health, it's important to take care of your body. Having a regular routine for eating healthy meals, getting enough sleep and exercise are good examples. Avoid overeating or abusing drugs or alcohol (which cause other issues).

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Write down below what you need to do under each of these 5 categories:

- 1. Express your feelings appropriately, to who and when.**
  
- 2. Live a balanced life.** What do you need to do?
  
- 3. Develop resilience.** What changes do you need to make to deal with challenges?
  
- 4. Calm you mind.** What type of things do you love to calm the mind?
  
- 5. Taking care of yourself.** What types of things would you like to do more of?