

1. Emotional Wellness

Definition: The capacity to recognise our feelings involves the ability to express feelings, adjust to emotional challenges, and cope with stress and traumatic life experiences. Ability to assess our strengths, limitations, and areas we want to develop further. Awareness of, and acceptance of a wide range of feelings in us and in other people, including recognising conflict as being potentially healthy. Coping effectively and creating satisfying relationships.

Swarbrick, M. (2010, January 19). Defining wellness. Words of Wellness

Emotional Wellness Checklist

- Maintaining healthy relationships
- Asking for help when needed
- Building resilience
- Being aware of your feelings
- Expressing feelings to people you trust
- Seeking support with upsetting emotions
- Recognising your strengths
- Working on areas you want to improve
- Expressing a wide range of emotions (happiness, sadness, anger, joy, fear, frustration, gratitude)
- Developing assertiveness
- Practising self-compassion
- Recognising conflict as potentially healthy

Reflective questions

- Do I feel comfortable expressing and communicating my feelings to people I trust?
- Do I manage my emotions in a healthy way during stress?
- Do I practise self-compassion and kindness toward myself?
- Do I adapt to change with resilience, even when it feels challenging?
- Do I see conflict as an opportunity for growth and healthier relationships?