

Emotional Wellness



The **Emotional Wellness** dimension recognizes awareness and acceptance of one's feelings. Emotional wellness includes the degree to which one feels positive and enthusiastic about one's self and life. It includes the capacity to manage one's feelings and related behaviors including the realistic assessment of one's limitations, development of autonomy, and ability to cope effectively with stress. The well person maintains satisfying relationships with others. Awareness and acceptance of a wide range of feelings in yourself and others is essential to wellness. On the wellness path, you'll be able to express feelings freely and manage feelings effectively. You'll be able to arrive at personal choices and decisions based upon a synthesis of feelings, thoughts, philosophies and behavior. You'll live and work independently while realizing the importance of seeking and appreciating the support and assistance of others. You'll be able to form interdependent relationships with others based on mutual commitment, trust and respect. You'll take on challenges, take risks and recognize conflict as being potentially healthy. Managing your life in personally rewarding ways and taking responsibility for your actions will help you see life as an exciting, hopeful adventure.

"Be who you are and say what you feel because those who mind don't matter, and those who matter don't mind."
~ Dr. Seuss

Ways to Improve Your Emotional Wellness

- Be optimistic
- Practice gratitude
- Build on your resiliency
- Reduce your stress
- Sleep and eat well
- Be mindful
- Strengthen social connections
- Utilize self-care strategies

On-Campus Resources for Emotional Wellness: **COUNSELING AND WELLNESS SERVICES**

What we do: Counseling and Wellness Services provide support related to your mental, emotional, behavioral and interpersonal functioning and wellness, so that you can effectively achieve your academic and life goals, through individual counseling and wellness appointments.

To schedule an appointment, contact us by phone at (518) 629-7320 or by email at counseling@hvcc.edu



EMOTIONAL WELLNESS FOLLOWS THESE TENETS:

- It is better to be aware of and accept our feelings than to deny them.
- It is better to be optimistic in our approach to life than pessimistic.

NATIONAL WELLNESS INSTITUTE, INC.



The State University
of New York