

Emotional Wellness: It's Okay to Not Be Okay

Why It Matters

Emotional wellness is about understanding your feelings and learning how to manage them in a healthy way. When you take care of your emotional health, it can help improve your physical health, relationships, and overall quality of life. Stress can affect many parts of your body, including your heart, immune system, and energy levels. Managing stress can help you feel calmer, think more clearly, and enjoy daily activities more.



Recognizing Stress/ Emotional Changes

Everyone experiences stress differently, but here are some common signs to look out for:

- Feeling worried, overwhelmed, or anxious
- Trouble sleeping or feeling tired
- Changes in appetite
- Feeling irritable or sad
- Difficulty concentrating

Recognizing these signs is the first step toward taking care of your emotional health.



Simple Ways to Manage Stress

- Deep breathing → take slow, deep breaths for a few minutes
- Writing or journaling → write down your thoughts or feelings
- Gentle movement → walking, stretching, or light exercise
- Relaxation activities → listening to music, prayer, or meditation
- Talking to someone → call a friend or family member



When to Reach Out for Help

- It's okay to ask for help. You don't have to handle everything on your own.
- Consider reaching out if you:
 - Feel overwhelmed most days
 - Have ongoing sadness or anxiety
 - Feel isolated or alone
- Talking to a healthcare provider, counselor, or trusted person can make a big difference.



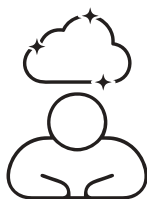
Take a moment each day to check in with yourself.

Ask: "How am I feeling today?"

Then try one small stress-relief activity, such as:



Taking a few deep breaths



Going for a short walk



Calling someone you trust



Resources:

- **What Exactly is Emotional Wellness:** <https://capemay.njaes.rutgers.edu/2023/08/25/what-exactly-is-emotional-wellness/>
- **Video on Emotional Wellness:** <https://youtu.be/iWuSOVV3af0?si=IE-XbbLFKI4CeK3J>
- **Keeping Healthy and Managing Stress:** <https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=1491>
- **Mindful Meditation to Reduce Stress:** <https://capemay.njaes.rutgers.edu/2021/11/01/mindful-meditation-for-stress-reduction/>
- **Stress How it Impacts Life:** <https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=1555>
- **Managing and Reducing Stress:** <https://njaes.rutgers.edu/sshw/message/message.php?p=Health&m=1466>
- **Stress Reduction Webinar:** <https://extension.rutgers.edu/event/mindfulness-stress-reduction>