

## EMOTIONAL WELLNESS MONTH OCTOBER 2023



### 5 Fascinating Facts About Emotional Wellness

**1. Emotions start in the brain**

Our feelings are controlled by the release of certain chemicals and electrochemical signals that flow through our bodies in response to outside stimuli.

**2. Emotions help us survive**

Feelings like panic, fear, or joy helped early humans understand external threats and rewards, and still guide the way we react to outside actions.

**3. We feel in our entire bodies**

Emotions manifest themselves in our bodies through physical reactions like increased or decreased heart rate, sweat, temperature change, or numbness.

**4. Emotions are contagious**

Studies show that humans unconsciously mimic the expressions of others around them – a smile really can be infectious!

**5. Negative feelings are important**

Though unpleasant, experiencing and processing bad feelings is an important part of maintaining balance and strong mental health.

### Why Emotional Wellness Month is important

**1. We're reminded to slow down**

We often forget to pause our busy lives to reset and reflect. Emotional Wellness Month reminds us to prioritize our mental health and personal well-being.

**2. It reminds us to check in with our emotions**

It's easy to suppress our feelings when there's so much else going on in our lives. With distractions coming at us from every direction, it's important to consciously quiet the noise and check in with ourselves.

**3. It gives us an opportunity to connect with loved ones**

Reach out to a relative or friend who you haven't heard from in a while. You never know when people might need your support without knowing how to ask for it.