

Wellness Minute Emotional Health

“A joyful heart makes a cheerful face” (Proverbs 15: 13)
“A joyful heart is good medicine” (Proverbs 17:22)

Emotional health is so important to consider when we are thinking about the well-being of our students. So, what is emotional health? It's the internal sense of wholeness, contentment, and positive well-being. It also includes the resiliency needed to persevere through challenges and possess the tools to keep going when there are seasons of difficulties. It's not the absence of problems or challenges but rather the ability to bounce back from setbacks and push forward well. You can come alongside your student in fostering emotional health by helping them to identify their emotions and understand what they mean. Emotions can be likened to signals that can point to the greater reality, whether the emotions are positive or negative. Would you like to talk to someone about your students's emotional health? Please reach out to our wellness counselors for support.

HS Wellness Counselors: Devon Hiltibran
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