BlueCross BlueShield of Illinois

BlueResource℠ – Emotional Wellbeing – Nurturing Emotional Health

Stay Strong, Stay Well

In the fray of each day, powering through stress is often our first instinct. And it may work for a while. Over time, though, running on empty affects our ability to handle tough situations and feel happy. Here are five ways to care for your emotional wellbeing.

Change your outlook. Let go of negative emotions. Remember the good times in your life and surround yourself with positive people who can help brighten your point of view.

Get a handle on stress. Set priorities for each day. Know what you have to knock out, but give yourself time to exercise, meditate or laugh with friends to wind down.

Make sleep a priority. Go to bed at the same time each night. Disconnect from tech and relax with a warm bath or a little reading before lights out.

Expand your circle. Reach out to others rather than isolating yourself. Strengthen your connections with family, friends, coworkers and neighbors.

Avoid living on autopilot. Be mindful of what's going on around you. Live fully in the present by slowing down for the sights and sounds around you.

Take steps to protect your emotional wellbeing every day.

Source: *Six Strategies for Improving Your Emotional Health.* National Institutes of Health. 2018.