



Emotional Wellbeing

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@bemore.you



BE MORE YOU

WHAT IS EMOTIONAL WELLBEING?

Emotional wellbeing is having a positive outlook, which enables us to function in society and meet the demands of everyday life. With good emotional health: we recover more effectively from illness, adapt to change and deal better with misfortune. Ultimately, a positive sense of wellbeing helps us realise our needs are important and that we deserve to feel happy and secure.



BENEFITS OF ACKNOWLEDGING YOUR EMOTIONAL WELLBEING

Our day-to-day lives can be difficult, and sometimes it's hard to cope with what's expected from both ourselves and others.

On top of this, life can throw us a curveball now and again, like a bereavement, loss of employment or a relationship break-up. But if we take the time to improve our emotional wellbeing now, we will be better equipped to deal with our physiological issues including stress and anxiety as they arise.



IMPROVING EMOTIONAL WELLBEING

The advice in this leaflet is for those seeking to improve their emotional health and wellbeing and not for those who think they may be suffering with a mental health disorder. Although these techniques may still help, if you think you're suffering from a more serious mental health issue, please contact your GP or a qualified counsellor for advice.

EXERCISE 1

BE YOUR OWN BEST FRIEND



We generally have higher expectations of ourselves than the people around us and it's not uncommon to be unkind to ourselves when we make mistakes. This makes us unhappy and does little to improve our situation. A way to combat this is to imagine a friend that is in need of support: "How would you deal with them?" It's likely to be in a caring and understanding way that will be helpful to their emotional wellbeing. Be kind to yourself and be your own best friend too!



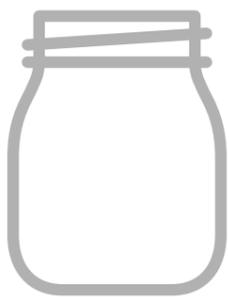
EMOTIONS ARE CONTAGIOUS

It has been scientifically proven that our moods are infectious. As humans we mimic the moods of those around us, and our brains then interpret these as our own emotions. So, less of the negativity, let the smiles and laughter run free and it will have a positive impact on everyone around you!

#funfact

EXERCISE 2

GRATITUDE JAR



All you need for this is an empty jar and a pen.

Each day think of three things that you are grateful for, no matter how small they seem and write them down on a scrap of paper and put them in your jar. This could be anything from a promotion at work to a stranger's smile in a queue. Even on days when it feels like nothing has gone well, we can almost always still find something that we are grateful for. Finding three positive things about each day is a great mindset to be in and on a really bad day you can always read through the notes to bounce back to a positive frame of mind.

EXERCISE 3

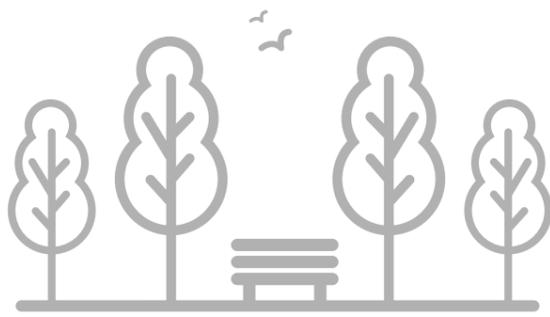
SWITCH UP NEGATIVE THINKING



For many of us it's normal to spiral into a negative chain of thoughts when things aren't going to plan. We begin telling ourselves we can't do this, things won't work out or that we're not good enough. Next time you catch yourself in a negative thought, try to think of the positive alternatives i.e. maybe I am better at this than I think, perhaps everything will work out ok, things will get better.

EXERCISE 4

GET OUTSIDE



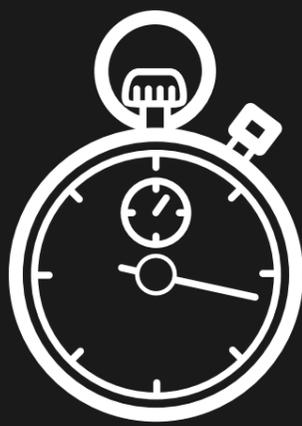
Find a Green Space.

Getting outside can improve our mood, make us more productive and ultimately happier.

Step outside and walk to a nearby green space: this could be your garden, a park or a nearby green patch. Seat yourself on the grass and feel the grass beneath you with your hands and feet. Take in the sights, sounds and smells in the air around you. Take a deep breath, take it all in and relax.

EXERCISE 5

MINDFUL MOMENT



Take 5 -10 minutes out of each day to be mindful, this could be doing something as simple as making a hot drink and savouring the moment by enjoying how it smells, how it tastes and appreciating the warmth of the cup and being present, ensure your phone is out of reach and you are free from of any distractions to enjoy your mindful moment.

You can apply the same principles when going out for a walk, getting dressed or taking a bath.



Be More You is an eclectic mix of professionals living in London; we regularly travel to run races for pleasure and to improve our emotional wellbeing. We are bound by our passion for good mental health and running.

We have created a forum for like-minded individuals to come together, to listen and support one another in a safe space each week, without fear of judgement or criticism.

We exist to listen and support one another.

TELL ME WHAT
IS IT YOU PLAN
TO DO WITH YOUR
ONE WILD &
PRECIOUS
LIFE?

MARY
OLIVER



@bemore.you