

Emotional Well-Being: Emotional Health

PRACTICE SELF-LOVE: FOCUS ON YOUR OWN WELL-BEING AND HAPPINESS

WHAT IS SELF-LOVE?

Self-love:

- is a state of appreciation for oneself
- grows from actions that support our physical, psychological, and spiritual growth
- means having a high regard for your own well-being and happiness
- means not sacrificing your well-being to please others and not settling for less than you deserve
- is always accepting yourself as you are
- can mean prioritizing, trusting, forgiving, and being true to yourself
- is listening to your body's needs and setting healthy boundaries
- is refraining from judgment of oneself

HOW AND WHY TO PRACTICE SELF LOVE?

Becoming mindful: People who have more self-love tend to know what they think, feel, and want.

Taking actions based on need rather than want: By staying focused on what you need, you turn away from any harmful behavior patterns.

Practicing good self-care: You will love yourself more when you take better care of your basic needs. People high in self-love nourish themselves daily. They provide themselves with sound nutrition, exercise, proper sleep, intimacy, and healthy social relations.

Making room for healthy habits: Truly care for yourself by keeping yourself happy and healthy in all aspects.

To begin to practice self-love, be kind, patient, gentle, and compassionate to yourself.



HUMOR THERAPY: USE THE POWER OF SMILES AND LAUGHTER

WHY IS HUMOR THERAPY IMPORTANT?

With the state that COVID-19 has left our society in today, humor can support the emotional health of our people and act as a coping method. Humor therapy can impact our health physically by boosting dopamine and serotonin activity in our brain; these are the chemicals that promote positive mood and cause us to feel good. It has been shown that low activity of these chemicals is linked to depression. Humor therapy helps you find ways to make yourself and others smile and laugh more.



HOW CAN YOU INCORPORATE HUMOR THERAPY INTO YOUR LIFE?

Although humor is unique to everyone, you can implement humor therapy more by:

- Listening to your favorite comedian
- Making notes of things that you find funny throughout the day
- Liking and following social media pages that you find funny
- Watching television shows and movies that make you laugh
- Reading jokes
- Joking and laughing with friends and family
- Watching pranking videos

PLAY THERAPY

What is play therapy?

Play is natural for everyone and can help relieve stress in all ages. It causes the body to release endorphins, the body's natural "feel good" hormone. Playing outside provides you with fun exercise, fresh air, and sunshine. Parks are a great place to play and being outdoors can have a calming effect. Inside play can provide time to have fun with your loved ones and focus on being creative. Play is a key part of life for children and adults. Play can add joy to your everyday life, relieve stress, boost your learning, and connect you with friends and family.

How can you incorporate Play Therapy into your life?

- Exploring outdoor surroundings
- Playing at the playground
- Coloring in coloring books
- Playing board games
- Yoga or water aerobics
- Riddles or crossword puzzles
- Woodworking
- Gardening
- Participate in a variety of arts/sports/activities
- Birdwatching
- Hiking



<https://www.nih.gov/health-information/emotional-wellness-toolkit>

<https://studentwellness.unc.edu/about-us/dimensions-wellness/emotional>