



# Emotional Wellness

Volume 3, Issue 1

## WellU @HT Weekley Wellness Newsletter

### Message From The Editor

Greetings students, faculty, and staff.

Welcome back to another edition of our wellness newsletter! I am excited to continue our exploration into the various dimensions of wellness, and this week, we are delving deep into the realm of emotional wellness.

Emotional wellness is not just about feeling good; it is about understanding and managing our emotions effectively to lead fulfilling lives. In this issue, we will discuss what emotional wellness really means, the benefits of maintaining good emotional health, and practical strategies for nurturing our emotional well-being. From exploring the profundity of emotions with the emotion wheel to understanding the importance of emotional intelligence, we have packed this newsletter with insights and tools to help you thrive emotionally.

I invite you to explore the articles and resources we have gathered for you, and I hope you find them valuable on your journey to emotional wellness. Remember, self-care is not selfish; it is necessary for us to show up fully in our lives and communities.

Here is to embracing our emotions, nurturing our well-being, and thriving together.

Stay Well!

Maria Paula Lopez  
Student Wellness Ambassador

## *What is Emotional Wellness?*

Emotional wellness is the ability to understand, manage, and express one's emotions in a healthy and constructive manner. It involves being self-aware of feelings, regulating intense emotions appropriately, bouncing back from adversity with resilience, communicating emotions effectively, and exhibiting emotional intelligence skills like empathy and self-motivation.



### **Benefits of maintaining good emotional health:**

- **Improved overall well-being.** Good emotional health contributes to a sense of contentment, happiness, and fulfillment in life.
- **Enhanced resilience.** It helps individuals cope with stress, adversity, and challenges more effectively, bouncing back from setbacks with greater ease.
- **Stronger relationships.** Good emotional health fosters healthier, more supportive connections with others, leading to deeper intimacy and understanding.
- **Better physical health.** Emotional well-being has been linked to lower levels of stress hormones, improved immune function, and better cardiovascular health.
- **Increased productivity.** When emotionally healthy, individuals often experience improved focus, motivation, and creativity, leading to greater productivity in various aspects of life.
- **Enhanced problem-solving skills.** Good emotional health enables clearer thinking and better decision-making, allowing individuals to approach problems with a more balanced perspective.

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# Understanding Emotions

## What Are Emotions and Their Role

Emotions are subjective feelings/experiences involving thoughts, physiological changes, and behaviors. They play vital roles in survival, communication, decision-making, memory, relationships, and self-awareness. Our ability to regulate emotions is crucial for well-being and social functioning.

## Types of Emotions

**Basic emotions:** Happiness, sadness, fear, anger, disgust, surprise (considered universal).

**Complex emotions:** Love, jealousy, pride, guilt (blend of basic emotions).

**Positive emotions:** Joy, excitement, contentment, etc.

**Negative emotions:** Anger, fear, sadness, guilt, etc.

**Neutral emotions:** Surprise, curiosity, pensiveness.

## Tips for Identifying Emotions

- Pay attention to physical sensations (e.g., muscle tension, butterflies in stomach).
  - Notice changes in thoughts/thought patterns.
  - Observe facial expressions and body language.
  - Reflect on the situations/events that triggered the emotion.
  - Practice mindfulness and self-awareness exercises.
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# Emotion Wheel I



An emotions wheel is a visual tool that helps individuals identify, name, and better understand the range of emotions they may experience. It allows them to identify specific emotions, recognize subtle emotional states, and find healthier ways to cope with and express their emotions.

## Strategies for Emotional Well-Being



### Stress Management Techniques

- Deep breathing exercises.
- Mindfulness and meditation.
- Time management and prioritization.



### Self-Care Practices

- Getting sufficient sleep.
- Engaging in physical activity.
- Engaging in hobbies and leisure activities.
- Maintaining a balanced lifestyle.



## Building Emotional Resilience

Developing a positive mindset.

Practicing gratitude.

Seeking support from loved ones and professionals.

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## Setbacks and Emotional Wellness

In life, challenges are inevitable, but our ability to overcome them and learn from adversity defines our resilience. In an article titled, ['How to Soar Past Setbacks,'](#) The Lyra Team explores the concept of resilience and offers practical insights on how to navigate setbacks effectively. By adopting a four-step approach called S.O.A.R—Self-compassion and Acceptance, Optimism, Acting Wisely, and Reaching Out for Support—we can build the resilience needed to face life's difficulties head-on.



Self-compassion encourages kindness towards oneself, while optimism prompts a shift in perspective towards a more positive outlook. Acting wisely involves finding a balanced response and moving forward in alignment with personal values. Finally, reaching out for support emphasizes the availability of resources and the importance of seeking assistance when needed.

In conclusion, resilience is not just about bouncing back from setbacks; it's about bouncing forward, stronger and wiser than before. The S.O.A.R. approach as outlined by the Lyra Team provides a practical framework for cultivating resilience in the face of life's challenges. By embracing self-compassion and acceptance, optimism, wise action, and reaching out for support, individuals can navigate setbacks with grace and emerge from adversity with newfound strength and resilience. Remember, setbacks are not roadblocks but opportunities for growth and learning. As you encounter challenges in life, lean into the S.O.A.R. approach and trust in your ability to rise above adversity. With resilience as your guide, you can turn obstacles into stepping stones toward a brighter, stronger future.

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## Academic Resilience: How to Respond When You Don't Get the Grade You Hoped For

Achieving good grades can be validating, but do you feel prepared when things don't go your way in class? Well, you are not alone! Handling setbacks such as bad grades or poor academic performance can lead to emotional distress. In this article, we share some advice from experts on the field on how to emotionally handle bad grades or academic validation.

In an article titled, ["A Bad Grade in College Isn't the End of the World,"](#) Haley Pavic from Lakewood University, offers valuable insights for students facing academic setbacks. She acknowledges the

common struggles associated with receiving unexpectedly low grades and highlights the detrimental impact it can have on mental well-being. However, she emphasizes that one or even several bad grades will not define a student's academic journey or future prospects. In her article, she provides practical advice for coping with bad grades, such as relaxation, self-reward for effort, reviewing feedback, planning for improvement, and seeking assistance when needed. Moreover, the importance of self-care, resilience, and a proactive approach to academic challenges is reinforced. By addressing common concerns and providing actionable strategies, the article empowers students to navigate setbacks effectively and prioritize their overall well-being amidst academic pressures.

Often, difficulties in handling bad grades is associated with academic validation. To this end, Morgane Brading from Wilfrid Laurier University, in her article titled, "[Are You Striving or Suffering in the Pursuit of Academic Validation?](#)" she highlights how students often tie their self-worth and identity to their academic achievements. In the article, she explores the causes behind academic pressure, including parental expectations, cultural influences, and the impact of social media. Moreover, she discusses the detrimental side effects of academic validation on mental health, such as anxiety, depression, and depersonalization. The article offers practical strategies for managing academic validation, including challenging irrational thoughts with facts, practicing self-affirmation, and setting boundaries with external pressures. By providing insights into the origins and consequences of academic validation, the article empowers students to regain control over their lives and prioritize their mental well-being. Additionally, it encourages students to utilize available resources for mental health support and self-care.

Whether it is bad grades or academic validation, academic setbacks can be discouraging; thus, having an effect on your emotional wellbeing. However, it is important to recognize that they are completely normal in college (as they are in life). You belong here and you can do this! Should you need additional assistance on how to handle emotional setbacks, please contact our university's counseling services at [counseling@htu.edu](mailto:counseling@htu.edu) or (512) 505-3345.

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## ***Emotional Wellness and Physical Activity: Have You Danced Yet?***

Did you know physical activity is good for your emotional wellness? Among the many benefits of a physically active lifestyle, is the physiological responses that lead to enhancement in emotional well-being when we move—either through exercise, sport or just moving to stay active. Physical activity stimulates the release of endorphins, reducing stress and anxiety while enhancing mood (especially for those who engage in moderate to vigorous exercise). Regular physical activity fosters resilience promotes better sleep (which helps in recovery), and boost self-esteem.

Whether you go for a brisk walk, play a sport or an intense workout, physical activity is medicine for the mind.



One physical activity that can help you in your emotional wellness is dancing. Dance serves as a powerful tool for nurturing emotional wellness, offering a wide range of benefits that extend far beyond physical movement. Dance as a movement form is transformative, providing an outlet for self-expression, stress relief, and emotional release. Through rhythmic movements and music, people are able to tap into their emotions, express themselves authentically, and connect with others on a deeper level. Furthermore, dance allows us to be fully immersed in the present moment and cultivate a sense of inner peace. Whether it is through structured dance classes (like the ones we offer at HT) or spontaneous movement, the act of dancing has been shown to reduce anxiety, alleviate depression, and enhance overall well-being. By embracing dance as a form of emotional expression, you can unlock a wealth of benefits that contribute to your mental and emotional well-being.

Join our wellness program on Tuesdays (6:30 pm at the Union) and Thursdays (7:00 pm at the Union) to engage in dance as a form of physical activity that will serve as an elixir for your emotional well-being.

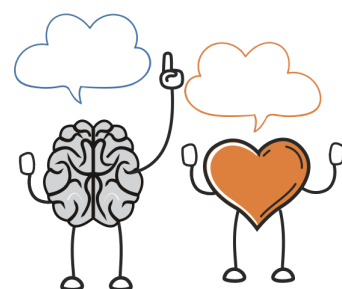
How We Can Dance Our Way to Better Mental Health | Anna Duberg | TEDxKI



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## *Emotional Intelligence*

Emotional intelligence (EQ) is the ability to recognize, understand, manage, and reason with emotions - both your own emotions and those of others. It's the capacity to effectively perceive, evaluate, and respond to emotions in a way that helps you achieve positive outcomes. Having high EQ is important for building strong relationships, managing stress, making decisions, achieving goals, and overall well-being.

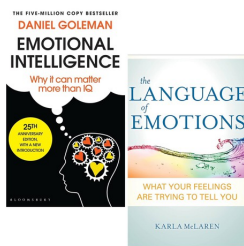


**Components of Emotional Intelligence:**

- Self-awareness: Recognizing your own emotions and how they affect your thoughts and behaviors.
- Self-regulation: The ability to control or redirect disruptive impulses and moods. It is about thinking before acting.
- Motivation: Harnessing emotions to achieve goals, realize potential, and remain resilient in the face of setbacks.
- Empathy: The ability to understand and share the emotions of others, see from their perspective.
- Social skills - Managing relationships, inspiring others, and inducing desired responses through emotional understanding.

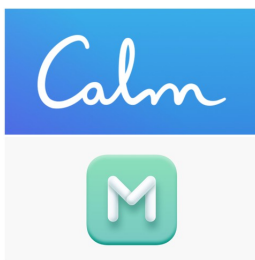
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## Additional Resources



### Books:

- "The Language of Emotions" by Karla McLaren
- "Emotional Intelligence" by Daniel Goleman



### Apps:

- Calm (Meditation and Mindfulness)
- MoodNotes (Mood Tracking and Journaling)

**HelpGuide.org**



### Websites:

- [HelpGuide.org](https://www.helpguide.org) (Mental Health and Wellness Topics)
  - [PsychCentral.com](https://www.psychcentral.com) (Articles, News, and Support Communities)
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# Join the WellU Wellness Program

Register Now



<https://forms.office.com/r/f94bd9VddP>



**Carlos Cervantes**

Carlos is using Smore to create beautiful newsletters