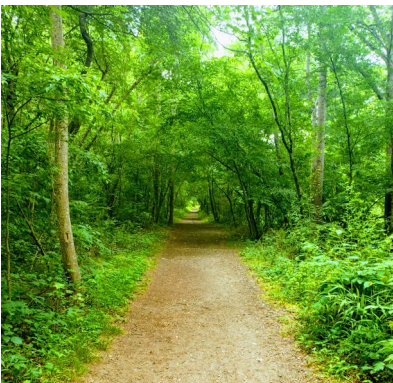


Elevate Your Psychological Resiliency

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health by brightening your outlook:

BRIGHTEN YOUR OUTLOOK:

- ☐ **Remember your good deeds.** Give yourself credit for the good things you do for others each day.
- ☐ **Forgive yourself.** Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- ☐ **Spend more time with your friends.** Surround yourself with positive, healthy people.
- ☐ **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles that are important to you.
- ☐ **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.



For other wellness topics, please visit www.nih.gov/wellnesstoolkits



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