



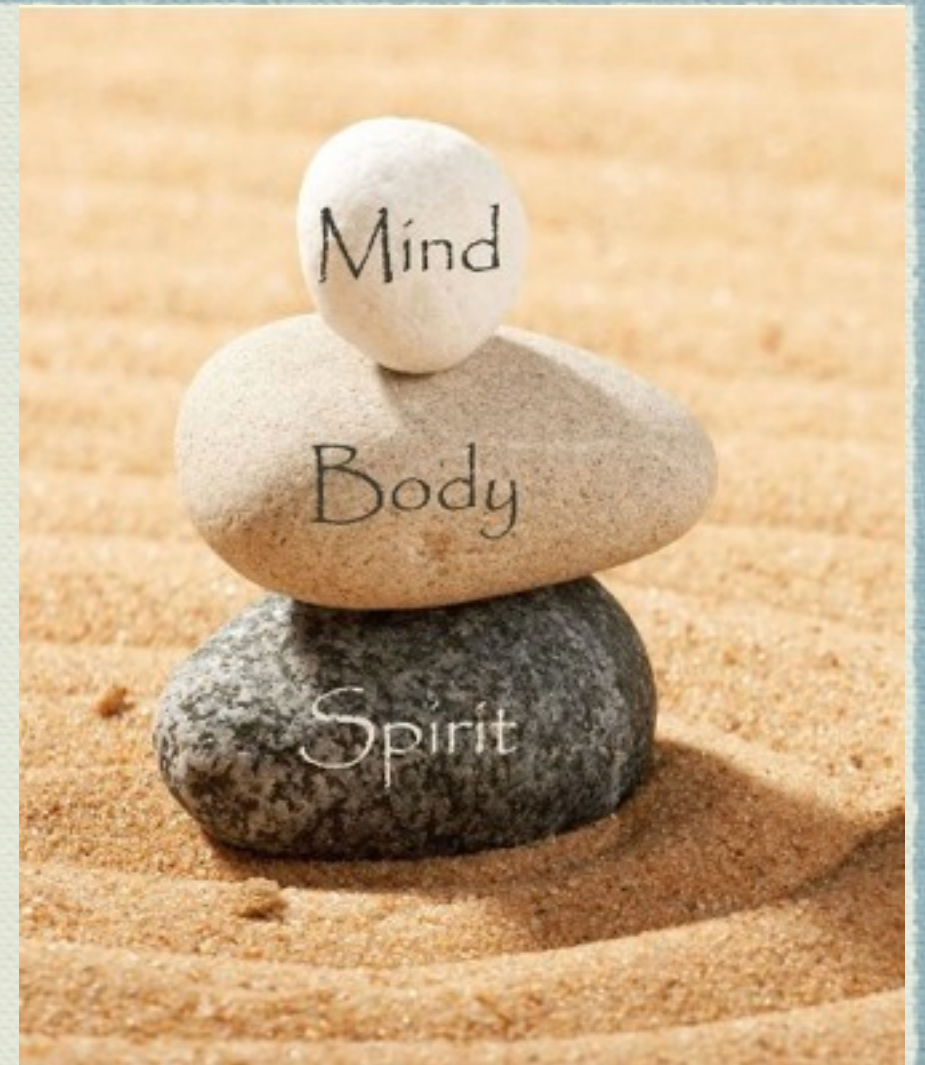
Emotional Wellness

UNITED PARENTS COLLABORATIVE

Presentation by Claudia Lozano

Goals:

1. Learn about our emotional wellness and how it is connected to our physical emotional and spiritual wellbeing.
2. Learn and share self-help strategies to prevent depression and maintain our emotional wellness.
3. Share information about resources



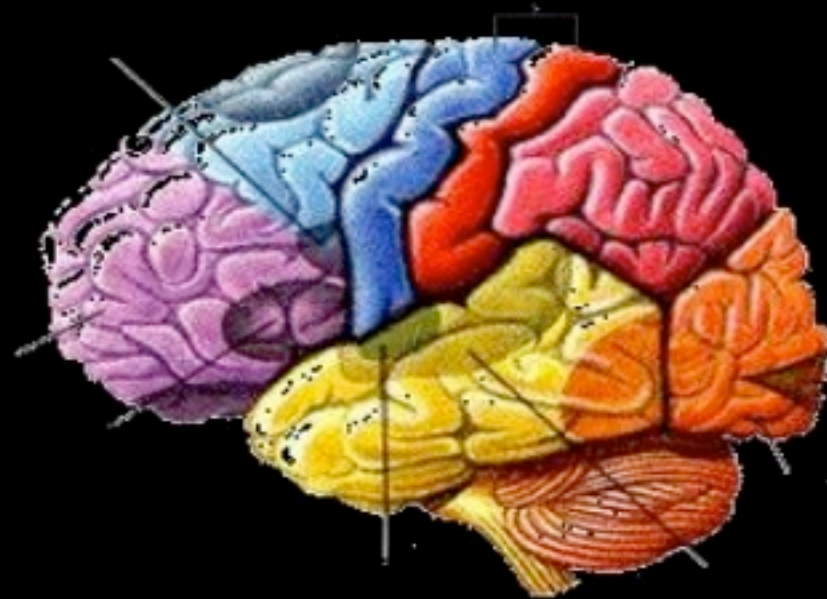
Emotional Wellness....

- ◆ Deals with our emotional, physical, and psychological wellbeing.
- ◆ It is connected to the main human emotions and how these influence how we think, feel, and deal with difficult situations.
- ◆ Emotional wellbeing is important in all stages of life, from childhood to adulthood.
- ◆ High level of emotional wellness characteristic is knowing when to seek help to solve problems in a healthy manner.



WHO IS THE BOSS?

The brain is the boss of the body. It gives the message to the body parts through the nerves.



- ❖ It receives messages and returns them. It is in the brain where emotions, thoughts, and feelings originate.

The body and mind are one!

Situation influences our thoughts which reacts in sending a message to the body.

Everything is interconnected.

Situation + thought
= physical reaction



All Emotions have a function in our lives

Primary emotions for all humans:

Love

Happiness

Sadness

Anger

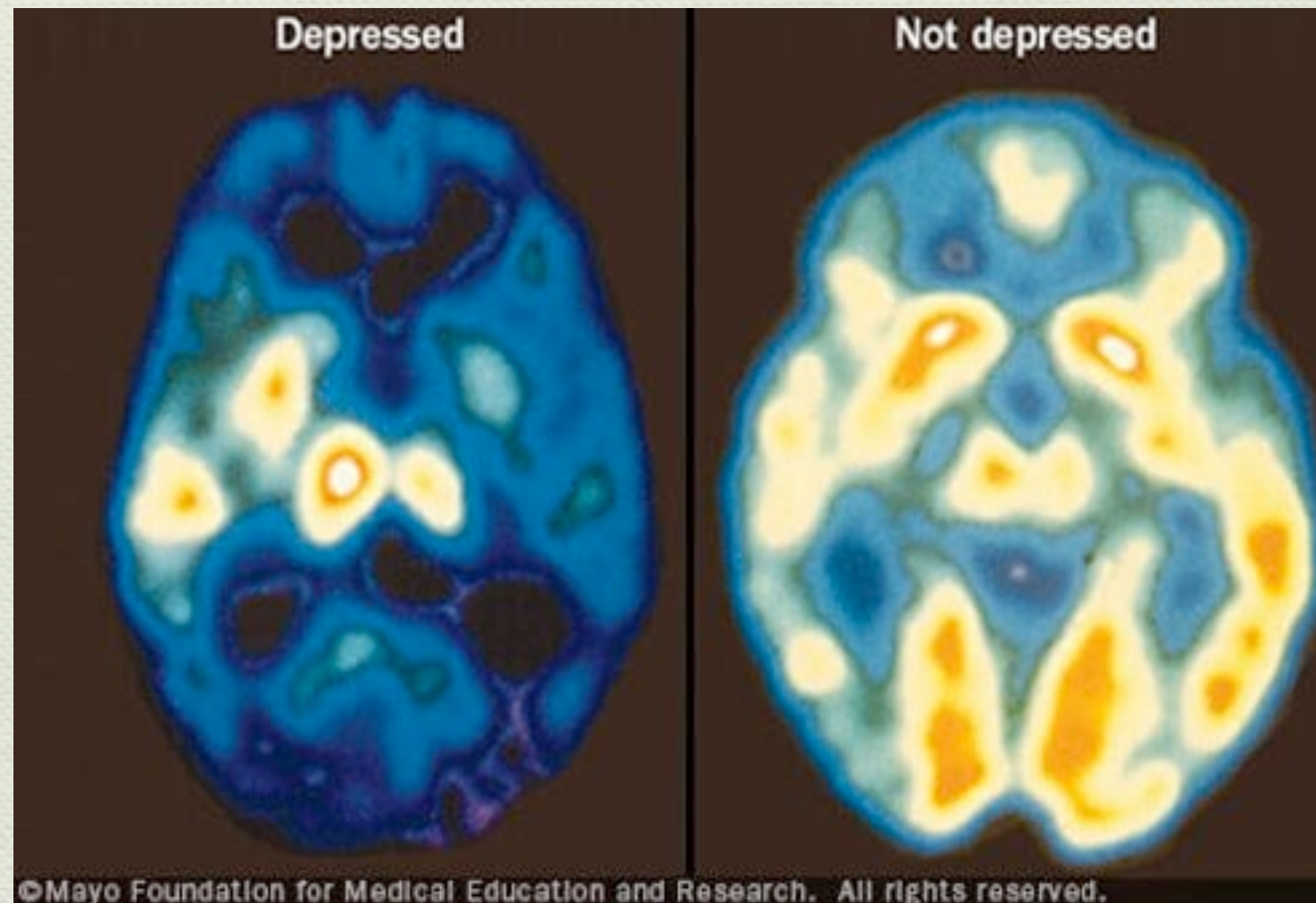
Fear

Pride

We do not always have control over what happens to us but we do have control over our thoughts and emotions.



- ◆ It is common to feel sad or melancholic for a short term, because we recover from the feeling soon and we are able to continue our daily lives without any problems.



- ❖ Depression is prolonged sadness which will last more than two weeks and effects your daily life.
- ❖ It's symptoms interfere with our capacity to work, study, sleep, eat and enjoy life

Symptoms of Depression

- ◆ Unusual sadness (will find themselves “beyond tears”)
- ◆ Loss of interest in activities that were enjoyable
- ◆ Lack of energy (tiredness)
- ◆ Lack of interest in personal hygiene
- ◆ Irritable
- ◆ Feeling useless or blaming oneself for no reason
- ◆ Thoughts and wishes of death
- ◆ Difficulty in concentration or lack of focus
- ◆ Lack of interest in food or overeating
- ◆ Difficulty with sleeping or sleeping too much



Factors which effect our emotional wellbeing.....

- ◆ Biological
 - ◆ Social
 - ◆ Life Style / Life Experiences
 - ◆ Stand up if you
-



If You Were a Car....

- ◆ We often spend a lot of time and energy thinking about how to stay well, and caring for other family members. It is important that we monitor our emotional 'gas gauge'.
- ◆ If you were a car, what would your gas gauge read?

Methods for Emotional Wellness

- ◆ Physical exercise
- ◆ Relaxation methods through mental control
- ◆ Mindfulness
- ◆ Analyze your emotions without judging them.
- ◆ Balanced diet
- ◆ Do not abuse of alcohol or drugs
- ◆ Quality Sleep
- ◆ Social support
- ◆ Think before acting
- ◆ Take care of unresolved issues
- ◆ Breathing exercises

Breathing Exercise and Finger Holds

Have a plan and ask for help!

S.O.D.A

Presented for United Parents by Claudia Lozano on 11/29/17