

# Emotional Wellness Checklist

## Research-driven practices to enhance your emotional well-being:

- **Label your Stress** – Write and talk about your stressors
- **Savor What is Beautiful** – Noticing and appreciating the beauty around you
- **Cultivate Hope** – imagine your best possible self and feel success
- **Three Good Things** – detail three things you are grateful for each day, both small and large items
- **Practice Loving-Kindness Meditation** – breathe deeply and focus on people (and yourself) while sending good wishes
- **Reappraise Negative Events** – consider a silver lining or put things into perspective
- **Seek Out Connections** – engage in social interactions with friends, family, and even strangers
- **Do Mindful Breathing** – Count to four when inhaling and when exhaling
- **Distance Yourself from Negativity** – when feeling anger, fear, or sadness, consider how you'll feel in a month or five years from now
- **Do an Awe Walk** – tune into positive sights, sounds, and smells in your environment

AND . . . above all else, remember to be *Aware!*

