

Tips for Emotional Wellness

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• CHECK-IN WITH YOURSELF:

- Your body and mind speak to you, especially when overwhelmed. Try to notice some of the below signs to spot high stress.
 - **Hyper-arousal:** Quick to become irritated or annoyed, high anxiety and worry, unusually high energy
 - **Hypo-arousal:** Unusually tired, feeling spacy, feeling numb, feeling frozen.

• PRACTICE SELF-CARE:

- Remember that **self-care is anything that you do for YOURSELF**. Self-care can be little (brushing your teeth) or big (getting a massage) as long as you take the time to do it for yourself.

• PRACTICE MINDFULNESS:

- Mindfulness means **being aware of the present**. Be conscious of what you are doing; even narrate it in your head if it's helpful. Whether you're eating, going for a walk, or taking a big test, try to stay in the moment.

• EXERCISE:

- Going for walks outside, hitting the gym, or even doing a quick walk around the block **releases endorphins which assist with mood stabilization and more positive feelings**.

• GET ENOUGH SLEEP:

- Sleeping allows the mind to reset and process the day's events. **Seven or more hours of sleep a night is most beneficial for the mind and body** to rest and recharge.

• LAUGH:

- Laughter is the best medicine. Laughter aids in **easing tension in the body** which can last up to 45 minutes!

• POSITIVE SELF TALK:

- Our thoughts play a major impact in our moods and behaviors. Dr. Shalu Ramchandi from Harvard University suggests, **"For every negative or stressful thought experienced, try to find three positive ones."**

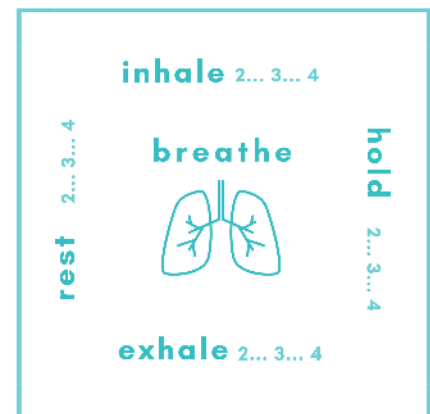
• CONNECT WITH OTHERS:

- Maintain meaningful relationships with others. Find a community that allows you to feel valued, cared for, and supported.

• PRACTICE DEEP BREATHING:

- Taking deep breaths allows the brain to manage the stress response better. Try the **4-4 method of breathing** to assist in regulation during times of high stress.

SQUARE BREATHING



ZENCARE

• SEEK HELP:

- Don't be afraid to seek professional help if your stress is unmanageable. **Wedgwood Christian Services' Bouma Counseling Center has no waitlist** and our team is ready to assist you – wherever life finds you. For further information, or to make an appointment, call our intake line at (616) 942-7294.