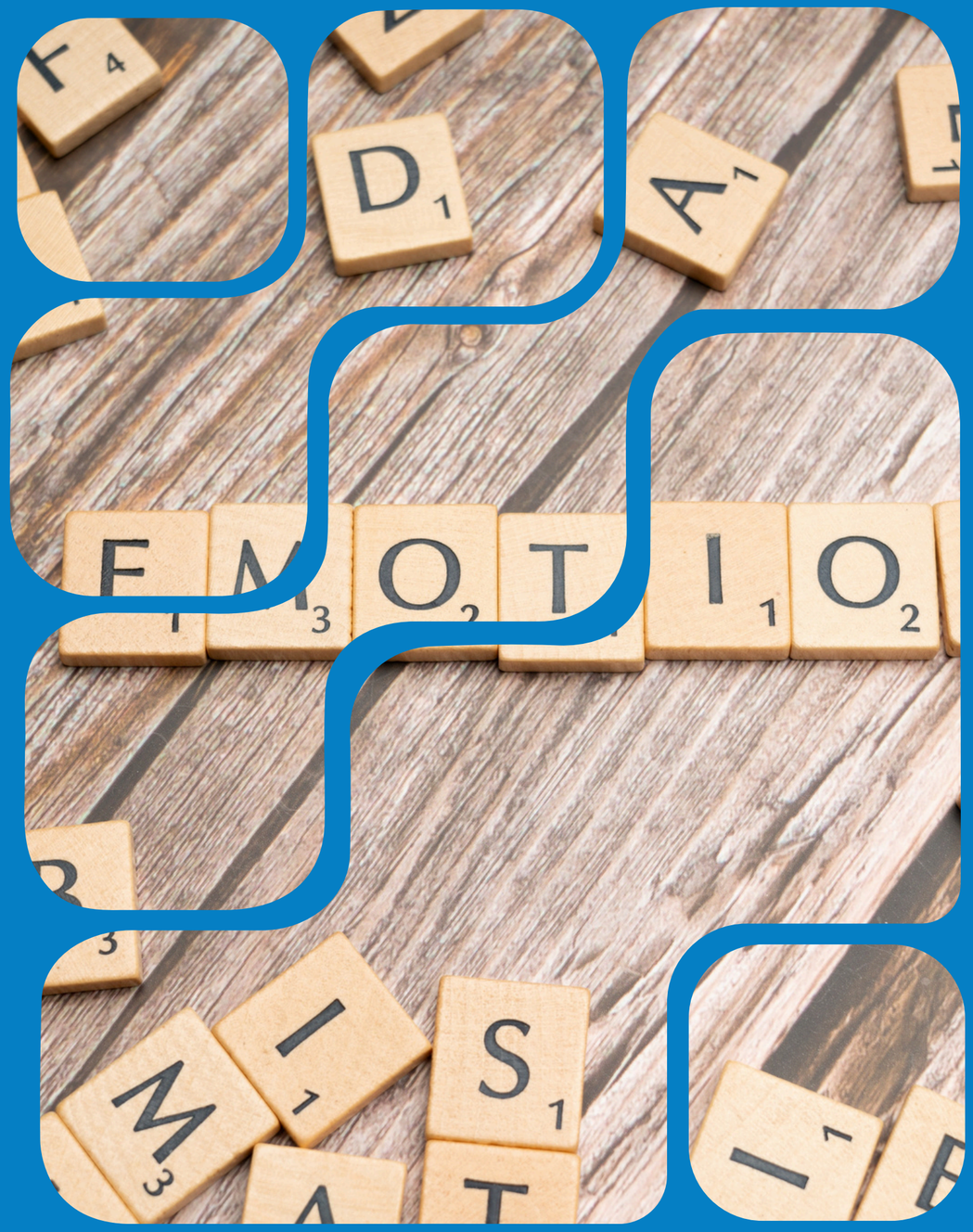

Deep Health Model: Emotional Health

This is about feeling a full range of emotions, but having more positive than negative feelings. You can recognize, regulate, and appropriately express your emotions directly, maturely, and honestly. You have the resilience to recover from strong emotions, and calm yourself when you become stressed, anxious, or upset.

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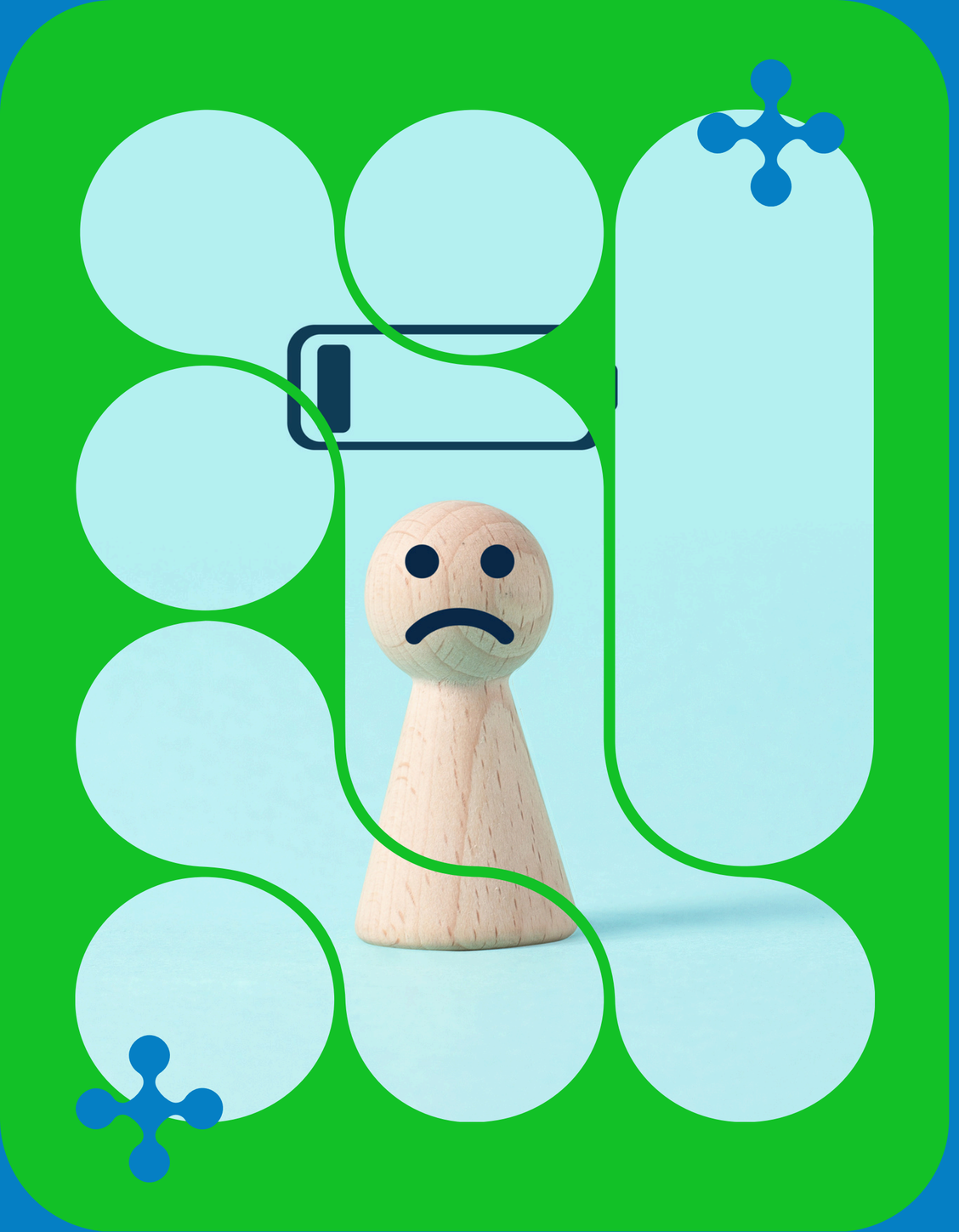

Self Awareness

Self-awareness is the foundation of emotional health. It involves recognizing your feelings, triggers, and patterns, which empowers you to make informed decisions about your emotional state and responses.

Emotional Resilience

Emotional resilience is the ability to bounce back from setbacks. Developing this skill enables you to cope with stress and challenges more effectively, fostering a healthier emotional response.

Strategies for Improvement

Community support, mindful eating, movement and stress management are key.

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Strategies for Creating Healthy Habits

Practical tips for implementing lasting lifestyle changes

Check in on yourself.

- Do you avoid recognizing your feelings?
- Are you easily angered or triggered by people around you?
- How do you react when you are triggered?
- Do you have the ability to honestly and appropriately express yourself?
- How well do you recover from stressful situations and emotions?

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Common Emotions Around Health

The followng emotions are common when dealing with health (remembering that positive emotions create positive health outcomes and negative ones decrease immunity and health markers).

- Shame/guilt, fear, anger, anxiety, neglect
- Optimistic, respected, proud, peaceful

Commenting on other people’s bodies isn’t necessary. We never know someone else’s experience.

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Practical Tips for Building Emotional Health

- journalling
- gratitude practice
- deep breathing
- meditation
- grounding
- sunshine each day
- eating slowly and mindfully
- build support systems
- learn to communicate openly
- creativity
- music
- laughter
- movement

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“Don’t let your mind bully your body into believing it must carry the burden of your worries.”

-ASTRID ALAUDA

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What questions do you have for us?

Do you find the topics we discussed today to be challenging?

Book a free 15 minute goal setting session to see how you can improve your health!

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