



Social & Emotional Well-being

Emotional health is an important part of overall health. People who are emotionally healthy are in control of their thoughts, feelings, and behaviors. They are able to cope with life's challenges. They can keep problems in perspective and bounce back from setbacks. They feel good about themselves and have good relationships.

Being emotionally healthy does not mean you are happy all the time. It means you are aware of your emotions. You can deal with them, whether they are positive or negative. Emotionally healthy people still feel stress, anger, and sadness. But they know how to manage their negative feelings

Types of Mental Health Issues include:

~Stress ~Depression ~Substance Abuse and Addiction ~Anxiety ~Postpartum Depression (baby blues) ~Trauma

Warning signs and symptoms

In Adults, Young Adults and Adolescents:

- Prolonged depression (sadness or irritability)
- Feelings of extreme highs and lows
- Excessive fears, worries and anxieties
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger

In Younger Children

- Changes in school performance
- Bed wetting
- Changes in sleeping and/or eating habits
- Excessive worry or anxiety (i.e. refusing to go to bed or school)
- Persistent disobedience or aggression
- Hyperactivity
- Persistent nightmares
- Frequent temper tantrums

What you can do: Ask for help from friends, family, clergy, doctor or trusted individual. Find a support group, take a class, talk.

Bear River Mental Health – Logan 435-752-0750, Brigham City 435-734-9449

Idaho Department of Health and Welfare Pocatello 208- 234-7900

Bear River Health Dept. Substance Abuse-Logan 435-792-6420, Brigham 435-695-2076

Activities to help manage emotional health

Ball Play - Toss a ball around, and when someone catches it, they tell each other things that make them sad, scared, excited and happy.

Bubble Play - Blow bubbles and allow the child to run around and pop them. This is a great way to offer the child stress relief.

Block Play - Help a child release anger by building a wooden block wall or tower and then allowing the child to throw a ball to knock them down.

Destruction Play - Another anger-releasing exercise, give the child an old book or magazines and allow them to rip pages out, crumple them and throw them away.

Sensory Play - Playing with play dough, sand and shave cream are some ways that can help kids feel relaxed and in control.

Take a walk or hike- Being outside and breathing in the fresh air can help clear your mind and help you feel stronger.

Color- Buy a coloring book or doodle on paper. This is a great therapeutic outlet for self-expression and creativity.

Laugh your stress away- Watch a funny movie or T.V show, tell a joke, read the comics. Make funny faces in the mirror

Relax your body-Walk outside, stretch, try yoga, meditate and breathe deeply

Surround yourself with positive- Seek out relationships that encourage and support. Learn to say no. Put yourself on the top of your list.

You don't have to do it all- Make rest a priority, make fun a priority, slow down, write down your successes, make something, and appreciate what you have.