

CARE FOR YOUR EMOTIONAL HEALTH



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Find in the following word search tips that you can practice taking care of your emotional health and be happier.

- Breath
- Exercise
- Help
- Connect
- Inspire
- Think
- Enjoy
- Hobby
- Travel



- To find out
- Meditate
- Know
- Dream
- Positive
- Imagine
- Feel

Emotional health is a fundamental part of the overall health of the individual. The World Health Organization (WHO), defines emotional health as the state of well-being that enables people to be aware of their capabilities, manage the normal difficulties of daily life, and conduct productive work. Remember that being emotionally healthy does not mean being happy all the time, it is achieving a balance between the emotions and the situations that you face daily. It is natural to feel stress, anxiety, anguish, worry, and sadness, among other emotions.

Acknowledge the emotions you are experiencing so that you can oversee them. If you cannot face the situation alone, seek professional help. Good emotional health allows you to maintain healthy relationships and manage daily stress.



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References:
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<https://medlineplus.gov/spanish/howtoimprovemental-health.html>
Organización Mundial de la Salud
<https://www.who.int/es/news-room/fact-sheets/detail/mental-health-strengthening-our-response>