

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

TO GET BETTER QUALITY SLEEP:

- Go to bed the same time each night and wake up the same time each morning.
- Sleep in a dark, quiet, comfortable environment.
- Exercise daily (but not right before bedtime).
- Limit the use of electronics before bed.
- Relax before bedtime. Try a warm bath or reading.
- Avoid alcohol and large meals before bedtime. And avoid stimulants like nicotine and caffeine.
- Don't take naps after mid-afternoon. Keep naps short.
- Try to get natural sunlight for at least 30 minutes a day.
- See a health care professional for ongoing sleep problems.