**Strategies for Enhancing Emotional Well-Being**

***Increasing Social Support:***

**Connect with others on a consistent basis**

**Participate in local programs, events, or volunteer efforts**

**Be proactive and strategic**

**Seek support by sharing negative experiences with trusted contacts**

**Accept support and offer support for others**

***Practicing Self-Care:***

**Maintain physical health with good nutrition, adequate sleep and regular exercise**

**Participate in meaningful, productive activities that provide a sense of purpose**

**Engage in hobbies and recreation**

**Actively reduce stress by utilizing proven techniques such as relaxation exercises, mindfulness, or meditation**

**Seek professional assistance from a mental health provider if needed**

***Mindfulness:***

***Present focus*: intentionally maintain and/or redirect focus on current experience in the moment**

***Acceptance:* acknowledge your current internal state without immediately trying to change it**

***Pay attention:* slow down and notice sensations across all five senses for any given experience**

***Rediscover the familiar:* examine and identify details of everyday objects or surroundings during routine activities**

***Gratitude:***

***Gratitude journal:* list 3-5 things you are grateful for from your day or week**

***Reminiscing:* focus on a memory of something for which you were grateful (person, pet, experience, simple pleasures)**

***Frequent expressions:* saying “thank you,” sharing experiences with others, using “grateful” language (fortunate, blessed)**

***Visual reminders:* photos, mementos, quotes**

***Daily gratitude breaks:* designated interval, incorporated in routines, or spontaneous**

***Optimism:***

***External (not Personal):* attribute negative outcome to external influences (broad perspective); may critique performance but not personal traits**

***Specific (not Pervasive):* view negative outcome as an isolated event; does not impact abilities in other areas of life or future achievements**

***Impermanent (not Permanent):* view negative outcome as temporary and changeable; opportunity to learn how to do better next time**

***Increasing exposure to positivity*: visual reminders that inspire hope, books that highlight resilience, positive TV/movies/social media**