



**Mental/ Emotional
Well Being- The
stressors/problems:**

Mental/ Emotional Well Being-

The stressors/problems:

Mental well-being has to do with how we process information coming to us. In that sense mental well-being means we stay optimistic and positive and do things that help us cope.

When we stay mentally healthy we are more resilient. How we cope and process information influences our emotional well-being. When we do not process the information in a healthy way we start feeling out of control, anxious, depressed, stressed. In that way mental and emotional well-being are very linked. We all face stress and ups and downs in life.

In times of a pandemic or crisis, these stressors can be even more challenging to manage.



According to Peterson (2019) Good Mental Health is:

- Possessing [a high degree of self-awareness](#) (to recognize when things aren't right and knowing how or what you want to improve)
- Being tuned in to your thoughts so you can test them for accuracy (for example, are your [thoughts focused on the negative](#) and indicating that “everything” is wrong or that you’re completely worthless)
- [Developing a wellness toolbox](#) of strategies that help you move up the continuum toward your personal definition of optimal wellbeing
- Recognizing the mind-body connection and that improving physical health also improves mental health (and vice-versa)

People can change their emotional and mental well-being along a spectrum through applying various tools continuously. Why is that?

Neuroplasticity:

Our brains are not stagnant. They show plasticity to events and information. The way we look at things, process

things and the thoughts we think can all be changed. We can shape our brains purposefully.

An abstract background featuring a large, textured splash of purple and red watercolor paint. The splash is irregular and organic, with various shades of purple, magenta, and red blending together. The edges of the splash are frayed and splattered, with small droplets and streaks of paint extending outwards. The overall effect is vibrant and artistic.

Tools for mental well-being:

1. Be kind to your mind. 😊

Limit the amount of information you consume and when you dial in. Stay up to date, but choose to check updates only once a day and from reliable source? There have been numerous studies that confirm that social media makes us less happy, makes us feel isolated, anxious and decreases our sense of self-worth. Instagram, Facebook, twitter, email all entice us to keep scrolling, to keep looking for notifications and to spend endless hours online. This limits our natural connections to self, nature and others. Studies have further shown that we change our beliefs and behaviors due to the information we are presented online.

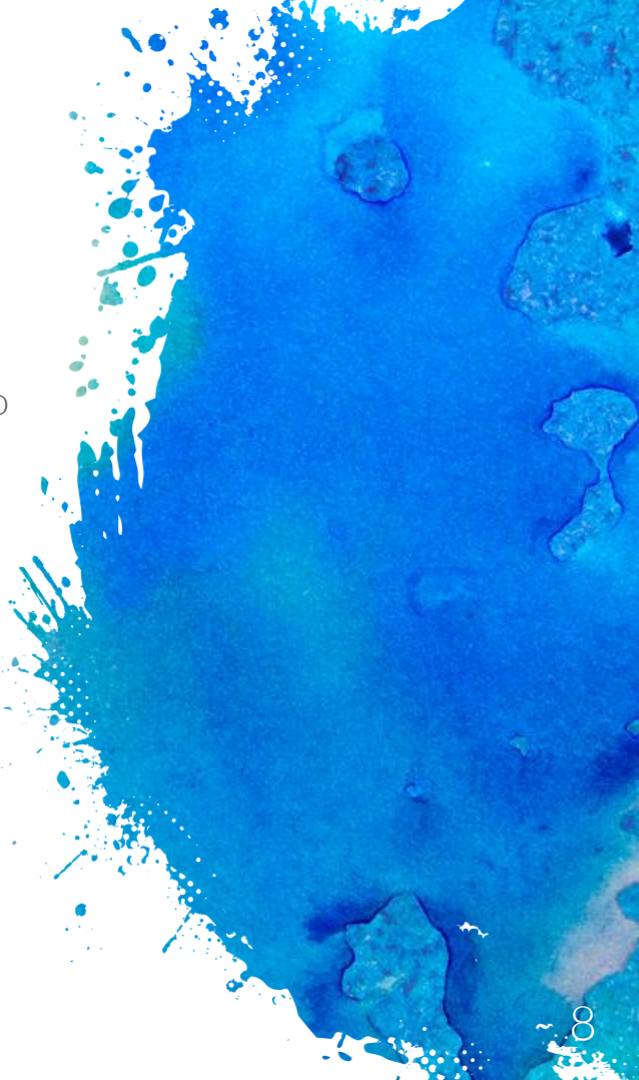
- Exercise 1:

If you can, delete apps from your phone and turn off notifications. Create digitally free times and zones in your house. This is tough work, as we have become almost addicted to notifications and digital media. Bring awareness to your device usage, choose to be kind to you and create limits to your use and exposure to feel better.

2. Become aware of your thoughts.



Pay attention to your thoughts. Your thoughts are real, but you are not your thoughts. So many times we have past conditioning that keeps our thoughts about an issue the same. With our digital connection we are also exposed to thoughts of millions of other people that will influence us. Most often these thoughts are negative. Oftentimes our thoughts are unconscious, so today really bring awareness to what you think. Why is that important? Like thoughts attract more thoughts like it. If they are negative this can snowball into fear, a bad mood or a negative emotional disposition. A belief is a thought we continuously think. Once you have a negative belief about something you limit your options. For example: When you think about income or financial stability, a thought like "Money is hard to come by" when thought continuously will lead to a belief that having financial stability is out of reach for you. It makes you feel less in control of your future and limits your action potential.



- Exercise 2:

Try this out: Think about a topic (relationships, money, the pandemic) and write down all the beliefs and thoughts you have about it. Then look at your list. Are your thoughts and beliefs positive? Negative? Do they surprise you? Are they the beliefs you want to have? Do you want the future these thoughts would create?

3. Replace unkind Thoughts.

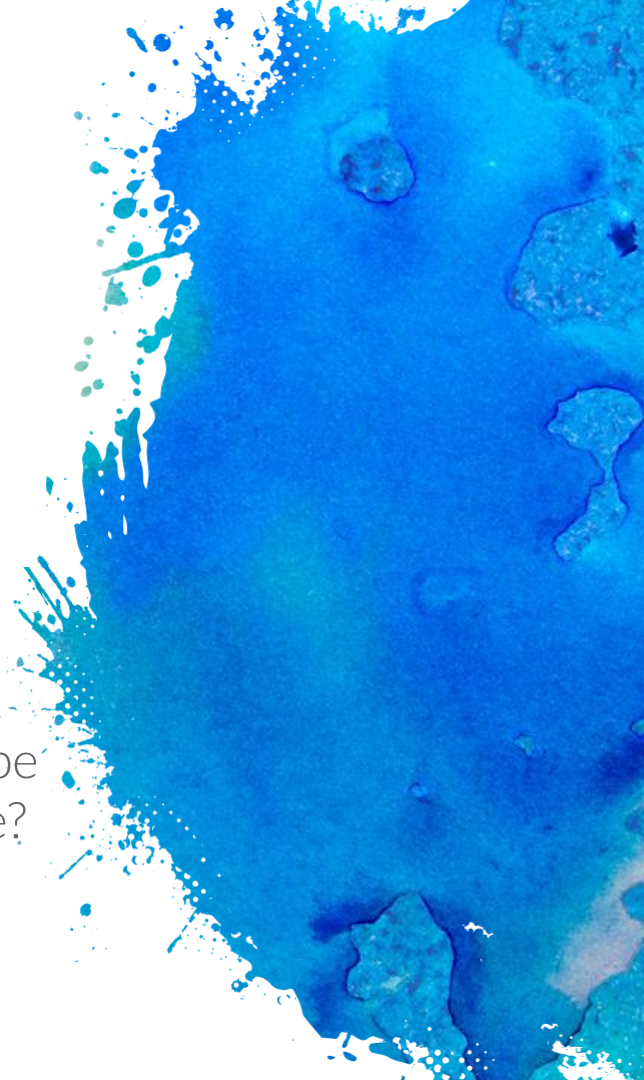
Once we are aware of our thoughts, we can change our thoughts and beliefs. It's only a **thought**, and a **thought can be changed**. The point of power is always in the present moment “ (Louise Hay). Replace unkind thoughts with kind and positive ones and do this continuously. In this way you rewire your brain.

Every thought you think creates your future. Positive thoughts make you feel more empowered and feeling positive about your future.

- Exercise 3:

Pick a negative thought you had about your future, your health or your life in general. Then find a way to replace it with a more positive thought. For example: If the pandemic makes you feel uncertain about your career or work life and you think thoughts like: "Unemployment will stay high, the market will take a long time to recover.." A replacement thought could be: "While there are many things we don't know with this pandemic, I know I will be well and am able to adapt to new demands or situations. There will always be a way for my skills and knowledge to be valuable contributions." Do you feel the difference in these? The latter allows you a sense of calmness and security.

Choose thoughts that nourish you.



4. Create Affirmations:

These are positive statements of what you want to achieve and be. They help you change your brain. Write your affirmation down and state them in your mind and out loud. In the beginning they might seem untrue to you, but overtime you will notice they start feeling real. “In the infinity of life, where I am, all is perfect whole and complete.”

- Exercise 4:

Write an affirmation for one of your negative thoughts or something you want to feel. Make your affirmation in the present and use I statements :” I am happy and guided and secure.” Then repeat it and trust it.

5. Forgive

Forgive yourself and forgive others. Let go of grudges. You are not excusing their behavior, you are just setting yourself free from the emotional attachment. You might not know how to forgive. Your intention to forgive is key. Be willing. Make it an affirmation.

Meditate

Meditation helps you find a sense of calm and connection in our fast-paced world. You can choose guided meditations or repeat a mantra over and over to help you. [Click here for some meditations.](#)

Are you interested in joining a community and receive valuable guidance and coaching in creating affirmations and changing your thoughts? [Click here to join our group and create your new life today.](#)

Emotional well being refers to how aware we are of our emotions, how we understand what we are feeling and our ability to accept our emotions.

Read this [article](#) to understand emotional wellness and how your body creates emotions:

Meditate Continued

Studies in positive psychology have shown that our happiness is influenced by:

Our current life circumstances, our genetics and how we act and think. The part of the pie that is comprised of our actions and thoughts is the biggest. This means we can influence our happiness by the choices we make and how we think. Studies have also shown that we have a sort of happiness set point that we come back to even after big life events that change our happiness temporarily to higher (such as winning a lottery or getting married) or lower (like a job loss). You might have little control over your current life circumstances or genetics, but you can control the third part to increase your happiness.



Thanks!

Any questions?

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