

Emotional Wellness

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Level: Beginner

Length: 17 minutes

Materials: handout and worksheet.

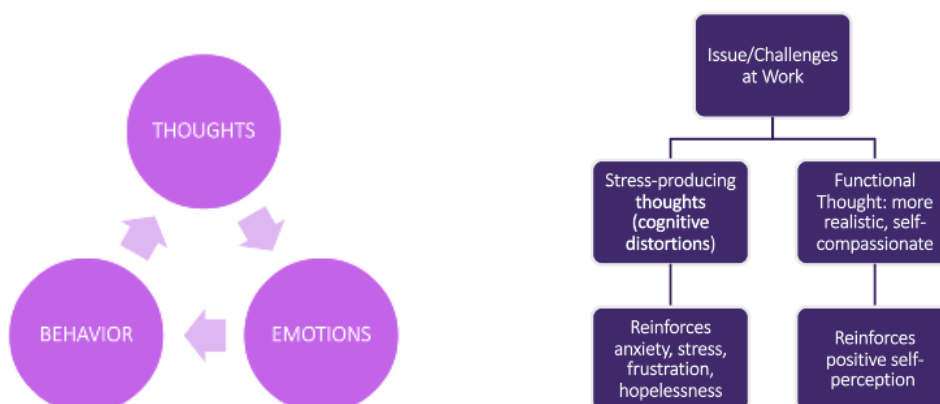
Session Description: This session will cover tips on how to strengthen Emotional Wellness and information on the cognitive-behavioral approach.

“Emotional wellness is the ability to successfully handle life’s stresses and adapt to change and difficult times.”

Source: <https://www.nih.gov/health-information/emotional-wellness-toolkit-more-resources>

Coping Through Cognitive-Behavioral Techniques

COGNITIVE RESTRUCTURING



Source: advancewithava.com

Common stress-producing thoughts (cognitive distortions):

-Jumping to conclusions: Mind reading- assuming that people are reacting negatively to you when there’s no definite evidence for this; Fortune telling- arbitrarily predicting things will turn out badly.

- Magnification or Minimization: Having an expectation that something bad is going to happen. Can also be minimizing the significance of an event or someone else’s behavior.

- Should Statements: Criticizing yourself or others with “Shoulds” or “Musts”.

-Personalization and Blame: Believing you or others are entirely responsible for events that are not within full control.

Steps to Emotional Regulation

1. Become aware of when and how you are feeling. Tune in with yourself.
2. Try to locate the feeling in your body. Where do you feel the physiological sensations?
3. Name the feeling – label it.
4. Learn to "contain" the feeling.
5. Express the feeling.

Source: *Beyond Trauma Curriculum*