



SpeakOnIt Podcast Season 2: Secrets of Well-being



E2: Emotional Well-being Tips 'N Tricks

Emotional well-being can be summarized as **how one recognizes their own awareness, understanding, and acceptance of emotions, and their ability to manage efficiently through challenges and change** (National Wellness Institute and National Center for Emotional Wellness). Here are some tips and tricks to help preserve your emotional well-being!

Sit With Your Emotions

Allow yourself to feel your emotions. Whether positive or negative, your emotions can be a great indicator of what matters to you. By taking the time to process them, you may gain clarity on what they're telling you and implement a positive change in your life!

Channel Your Energy

When you feel that your emotions are overwhelming you, it can be helpful to channel your energy into different activities such as journaling, meditating, exercise, etc.

Confiding in Others

It is important to be conscious of other people's emotional capacities. Before confiding in someone about your emotions, ask them if they have the capacity to support you. For example, one might say, "I'm going through something right now, do you have the time and energy to listen to me?" Alternatively, while it is great to be there for others, it is also important to be honest and let people know when you're not in the best position to help them.

Practice Self-Care!

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

It allows people to center themselves, regroup, and address a variety of stressors. Self-care is the key to living a balanced life!

Self-care Is **Not**:

- Selfish
- Something we force ourselves to do
- Something we don't enjoy
- Something we do to impress others
- Mindlessly spending money

The Steve Fund's [SpeakOnIt Podcast](#) brings students and professionals together to discuss topics related to mental health and the challenges that Black, Indigenous, and People of Color may face during their academic and professional careers.

To learn more about The Steve Fund visit our website at www.stevelfund.org.