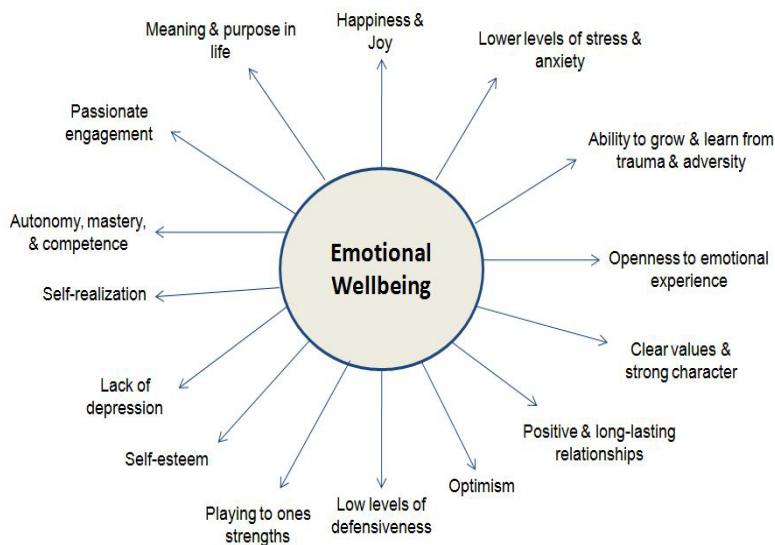




Emotional Wellbeing

1. Emotional wellbeing refers to managing and expressing our feelings, thoughts, and behaviours in a positive way.

Emotional wellbeing includes being resilient and effectively coping with what happens to us in life and the thoughts we have.



2. Did you know exercise has positive effects on stress, anxiety and depression through physiological, biochemical, and anti-inflammatory effects? So engage in regular exercise to maintain emotional wellbeing.



3. Being emotionally well is linked to:

- Maintaining good relationships with others
- Retaining a connection to country/culture/spiritual beliefs
- Being happy even during hard times
- Effectively coping with issues we didn't foresee
- Keeping moving towards our goals

4. Maintain emotional wellness by:

- Reflecting on how we think-realistic thinking promotes positive feelings
- Reducing use of alcohol, tobacco or other drugs that might negatively affect mood
- Developing a plan to implement positive lifestyle changes such as getting up early in the morning and engaging in exercise
- Choosing a friend to encourage us to implement our positive lifestyle changes
- Engaging in activities that are pleasant to us, make us feel good, and give us a sense of achievement
- Eating nutritious food
- Getting plenty of rest
- Maintaining positive relationships with others
- Practicing gratitude
- Exposing ourselves to sunlight
- Seeking help: students can contact WSU wellbeing services for mental wellbeing support on phone: 1300 668 370 or email: counselling@westernsydney.edu.au. Alternatively, Lifeline offers 24-hour crisis support. Call Lifeline on 13 11 14.

