TEN TIPS ON...
TAKING CARE OF YOUR EMOTIONAL HEALTH

1. Practice deep breathing

Deep breathing relaxes your body as well as lowering your blood pressure and heart rate. It can be a really useful tool for preventing anxiety.

2. Name your emotions

Naming your emotions is a really helpful way to be more aware of how you are feeling and decide how to react. An example would be getting stuck in traffic, running late and feeling frustrated. If someone cuts in front of you, you start to think negative thoughts about other drivers. Next time, instead of letting anger towards the other driver take over, try saying out loud to yourself "It's not his fault. You are frustrated because you are stuck in traffic."
A famous example of this technique is the "the tarantula is terrifying" experiment done by the University of California.

3. Try not to judge your emotions

Judging your emotions, or judging yourself for feeling a certain way can make you feel even worse.

4. Know your emotional triggers
Getting to know what situations make you anxious or angry will help you be better prepared.

5. Be more mindful
Be aware of what is around you and try to notice your thoughts and feelings.

6. Get more active
Physical activity helps release endorphins which make you less anxious, can improve your mood and highten your self esteem. Engage in a level of physical activity which feels right for you, whether that is doing yoga, walking to work instead of driving or going to the gym an extra day during the week.

7. Take time to talk to someone
Humans are social creatures and social isolation can drastically affect your emotional state.

8. Sleep well
Sleep is so important to your physical and mental health. If this is something you struggle with read our tips on sleep hygiene.

9. Pressure
Work is stressful. Don't put extra pressure on yourself by worrying about what you should be doing.

10. Do the things that make you smile
Identify the things which make you happy and make time for them.