

Defining Social Emotional Well-Being

Being able to deal with the human condition and all of its trials and tribulations

Ways to avoid depression

Good nutrition

Daily physical activity

Regular medical check ups

Stress reducing activities

Talking with knowledgeable others about
your problems

Factors that affect social-emotional wellness

Stress

Distress

Depression

Suicide

Family violence

External violence

Anxiety

Panic

Economic well-being

Hunger

Housing

Teen pregnancy

Balancing home and work or school

Dealing with loss

“the stages of grief”

Denial (this isn't *happening* to me!)

Anger (why is this happening to *me*?)

Bargaining (I promise I'll be a better person *if...*)

Depression (I don't *care* anymore)

Acceptance (*I'm ready* for whatever comes)