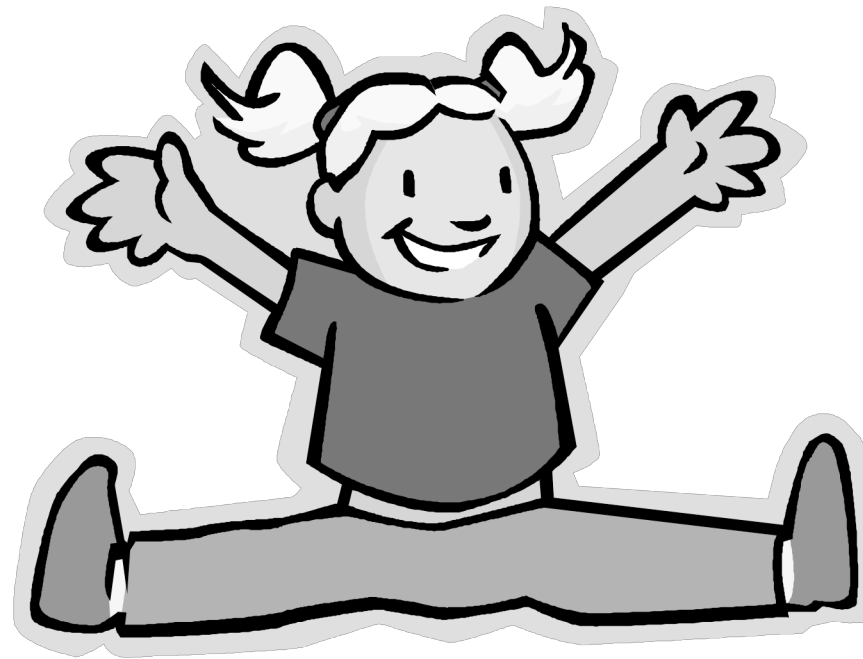


Socio-Emotional Health

A partner with physical health and wellness



Defining Social Emotional Well-Being

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

**Why do you think it is
important to be emotionally
healthy?**

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



**Can you think of other things
that impact a person's social-
emotional health?**

A Poor Emotional Health Continuum

Stress, which if not managed, can lead to...

Distress,

which if not handled properly, can lead to...

Depression

Simple ways to avoid depression

- Good nutrition
- Daily physical activity
- Regular medical check ups
- Stress reducing activities
- Talking with knowledgeable others about your problems

Sometimes, circumstances come together to create pain

Everyone has to manage changes in relationships.

Everyone experiences major losses.

Everyone experience mew limits in capacities.

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)

Self-care

- The only way to maintain good health
- Remain focused on priorities
- Be aware of the impact change has on you
- Be assertive; don't allow yourself to be "stepped on"
- Debrief with others (collaborate and share experiences); friendships can be powerful ways to take care of yourself