Emotional Wellness

Many employees understand the importance of keeping up their physical health, but do they realize the importance of maintaining emotional balance? Staying emotionally healthy in a stressful environment can be a challenge. While stress is a normal part of our lives, excessive stress can have a devastating effect at both work and home. Give your employees the tools they need to be emotionally well and manage stress in a healthy way, reducing workplace issues and improving their overall quality of life.

What is Emotional Wellness?
- Causes of imbalance at work and home
- Physical and psychological effects of imbalance

Sources of Stress and Emotional Angst
- In the workplace
- Family
- Finances
- Self-assessment: identifying your personal sources of stress

Depression and Anxiety
- A real illness with real consequences
- The causes of depression and anxiety
- Symptoms of depression and anxiety

Interventions: Preserving Emotional Wellness
- When to seek professional help
- Utilizing available resources
- Tools and strategies for home

Strategies for Emotional Wellness
- Managing negative emotions
- Reducing stress: breathing, meditation and relaxation exercises
- Tools for stress management