

ULLIANCE HUMAN EFFECTIVENESS TRAINING

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

