

EMOTIONS **Matter**

Feeling fulfilled emotionally

Your emotional well-being helps you cope with the demands of your everyday life.

FIRST ASK
YOURSELF

Are you in tune to your feelings?

What emotions do you experience throughout a typical day?

How do your relationships impact on your daily emotions?

How does stress affect you?

THEN MAKE
A MOVE

Increase your emotional well-being

TAKE 5: Go for a walk, journal or meditate

POSITIVITY IS KEY: Surround yourself with people who fill your cup

GET ACTIVE: Regular exercise can make a world of difference in your mental health

SANFORD[®]
HEALTH PLAN