

THE IMPACT OF EMOTIONAL WELLNESS

Emotional Wellness is holistic. It has to do with attitude, mood, positive relationships, hobbies/interests, mental health, physical health, and spirituality/religion (if applicable). Neglect of one's emotional well being can cause a deficit in any of the aforementioned areas. This seminar will explore emotional wellness and its impact on almost every part of life.

Primary Objectives:

Participants will be able to define Emotional Wellness.

Participants will be able to verbalize the components of Emotional Wellness.

Participants will be able to verbalize at least 2 ways that emotional wellness and physical health are connected.

Participants will be able to identify and verbalize at two strategies that can be implemented to become or remain emotionally healthy.

Suggested Audiences: ALL

