

Blake Consulting

5 Ways of Improving Your Emotional Health Daily

1 – ESR – Eat Sleep and Rest:

These sound like basics of life, but when we are busy we tend to forget that these simple principles are truly the foundation of everything we need to be emotionally healthy. Giving our body what it needs lends it to be able to “hold” our emotional states in a much healthier way. This means that we can express our emotions and feel them just as they are – energy in motion – instead of being swayed or distracted by them. If your body holds the state of your emotions... then why not support that which supports you at your foundational level. Eat healthy, sleep well and rest when needed... this will give you a GREAT START.

2 – Do What You Love:

This one again has been reinstated over time... but the truth is there, this is a primary way of improving your emotional health and well-being. There is a ton of scientific research on how positive activities affect your hormone levels and your overall emotional state. This concept might be a challenging one if you feel “stuck” in one or more areas of your life and thus feel that “doing what you love” might be an impossibility at this time... however, do it literally – one step at a time. What can you bring into your day in SMALL DOSES that is what you love? Perhaps it is cuddling your children, walking in nature, petting your dog, listening to your favourite podcast or reading this article? Every little infusion of positivity into your day has an incremental additive affect – so start one step a time and notice what you feel... small steps in a positive direction can have major shifts in your emotional health in the long run.

3- Take Time:

Everyone needs or wants more time... so what does “take time” mean? This means take a pause – to reflect – on what is happening for you emotionally. You can do this by simply asking yourself “What am I feeling emotionally at this time?” or “What did that make me feel?” – by tuning into your emotions, you start to recognize and be aware of what happens for you on this level. Keep an emotional log or journal – this can be a great branching off point to further supporting yourself in working with this part of you!

4- Notice What Drains You:

Just as we “fill up” we can also “drain” our energy. Noticing what drains you in your day can be an interesting experiment to see where you are “draining your emotional well”. We tend to lose our patience, say things we wish we hadn’t and over-react when our emotional health is low. Therefore, being proactive in your approach and noticing when you start to feel drained emotionally can help you prevent these “less than optimal behaviours”. If we could notice what drains us... put a stopper in it... and just fill up on what supports our

emotional well-being – wouldn't we? It may sound simple- but avoid that which drains you – and fill up on what energizes you... this simple concept can have profound results in just days!

5- Support Yourself:

How? How do you support yourself in doing all of the above? I always say, that if we knew what would help support us in being the best person, the best parent, the best partner, the best at work etc. etc. wouldn't we do it? The answer is – we often do not... and why? Because if we could - we would – it is often through supporting ourselves with others who can help us see what we do not, help point us in the direction of knowledge, tools and wisdom that we can implement and use – and listen with ears of benevolence and non-judgement, that we then can take action. Finding those who support you in your quest for emotional health is paramount to your success. So ask yourself – how do I support myself emotionally, with whom, how and when? Build support into your life and “don't do it alone”. Being open to learning from others can bring joy, ease and enlightenment along the way! Make a commitment to support yourself today..