

MENTAL HEALTH CHALLENGE

Temple College Wellness Initiative

Fast Facts

Is emotional health and mental health the same? Mental health is the emotional, psychological, and social well-being of an individual. Multiple issues that impact the mental health of an individual, include genetics and life experiences. Emotional health is the ability to regulate, identify and control emotions in a healthy way. Emotional health and mental health are different but they are indeed interconnected and maintaining your emotional health will extend to your mental health.



Your Weekly Challenge:

Complete two of these mental health activities to encourage emotional health.

- **Deep breathing:** Strategy when struggling with a difficult situation.
- **Volunteer your time:** Helps shift thoughts and feelings off of yourself and to something else.
- **Do some journaling:** Writing about daily experiences can establish insight into emotions.
- **Get organized:** Disorganization and stress can negatively impact your emotional health.
- **Think about your thinking:** Negative self-talk can negatively impact emotional health.
- **Talk about your feelings:** Talking can help visualize ways to improve emotional and mental health.

Mental Health is not a destination but a process. It's about how you drive, not where you are going.

-anonymous

Linked Resources:

- **[Meditation](#)**- Try this 5-minute breathing meditation on YouTube to help center yourself.
- **[Yoga](#)**- Follow along with this or another yoga exercise to help build strength and focus.
- **[Art therapy](#)**- Try one of these 37 art therapy techniques for de-stressing.
- **[Other relaxation techniques](#)**- Find out more about the benefits of these kinds of relaxation techniques.