

# Emotional Wellness in Combating Suicide

Emotional Wellness is part of the journey towards eliminating suicides.

It involves maintaining your mental and physical health.

Taking care of yourself benefits you and your ability to help or care for others.

## Elements of Individual Emotional Wellness

Being mindful of our own wellness

– both physical and emotional –

is the first step towards suicide prevention.

Key **physical elements** that keep our bodies functioning smoothly and well include:

- ✚ Good nutrition
- ✚ Adequate hydration
- ✚ Regular exercise

Key **emotional elements** that keep our mind and emotions focused and prepared include:

- ✚ Awareness of our selves  
*How am I feeling today? How does this compare with last week/other days?*
- ✚ Awareness of others and our environment  
*How are the people around me feeling? Has there been a significant change in anyone's behavior, mood, or temperament?*
- ✚ Management of external stressors that we interact with daily,  
*How do I manage daily stressors? Am I managing them or do I feel like they are taking over?*

Assess your mental health with a short, anonymous test by the Screening for Mental Health:

<http://screening.mentalhealthscreening.org/hyho>

## How do you take care of yourself?

Whether it's going for a bike ride, sitting on the porch with a book, or another activity that you enjoy, take the time you need to support your own emotional wellness. We all have time challenges, and making time for yourself can often seem impossible. Try squeezing something in. Make it a priority. You and your emotional health deserve it!

