Being emotionally well generally means possessing the ability to feel and express human emotions. Tips for optimal emotional wellness are:

- Feeling positive and enthusiastic about ourselves and life
- Recognition of feelings, ability to manage feelings
- Being able to develop autonomy
- Maintain satisfying relationships
- Cope with stress
- Learn time management skills

Explore the Emotional Dimension by...

- Attending a music fest
- Joining a club
- Starting a hobby
- Talking to a friend
- Writing your feelings in a journal
- Reaching out to friends and family
- Joining a discussion group