

EMOTIONAL WELL-BEING

for your health

Gobierno de Navarra

Nafarroako Gobernua



Emotional health

Our **EMOTIONAL HEALTH** allows us to face the stresses of life without feeling overwhelmed, to maintain our personal relationships and to carry out our usual activities in an adequate way.

EMOTIONAL WELL-BEING means feeling good, taking care of our thoughts so that they do not harm us, enjoying the small everyday pleasures, sharing with others, listening to those around us...

EMOTIONAL DISTRESS. In our lives there are always natural **difficulties**: problems, misunderstandings, illnesses, losses...

When faced with them, many of us may feel nervous, worried, discouraged, lacking concentration, energy and motivation for our daily tasks. It is almost always a temporary response related to the difficulties we are experiencing.

EMOTIONS are the "energy" that makes us act in order to face the situations in life, which activate them. The person responds and this response has its consequences. Emotion does not appear out of nowhere, although it may seem so at times.

They are all useful and necessary for



life, even unpleasant ones, and we often try to avoid them instead of listening to what they are telling us. They are a sign that something is happening to us and they help us:

- **Assess** the situation.
- **Identify** if something is important to be better off.
- **Learn** about our relationships.
- **Inform** others of our situation and what we want.
- **Learn** from experiences.
- **Make** the right decisions.

Managing emotions

What do emotions tell us?

The emotions and feelings we experience are diverse. Some are often more pleasant (joy, calmness, security, surprise, love, affection...) and others less so (fear, anger, anxiety, guilt, guilt, sadness, shame, frustration, hate...).

They are all equally useful and tell us things:

- **Fear:** It prepares us for danger, to act quickly.
- **Anxiety:** It prepares us for future threats or dangers.
- **Anger:** It helps us to stand up for ourselves, to say no, to defend our rights.
- **Sadness:** Faced with a loss, it leads us to reduce our activity in order to cope with it.
- **Surprise:** It enables us to act appropriately in the face of unexpected changes, focusing our attention on them.
- **Joy:** It makes us grow, develop, create social bonds, be creative, participate, discover, motivate and strive.

How do we cope with them?

In order to deal with emotional experiences through self-care, it is essential to be aware of what is happening to us and to face our sensations (what I feel, emotions, physical symptoms), thoughts (what I think) and behaviours (what I do).

STRONG EMOTION

- **Identify it.** Name it. Be aware of the thoughts and behaviours appearing with it.
- **Accept it** without judgement. Avoiding and rejecting it makes us feel bad ...".
- **Face it:** Talk to people you trust.

HARMFUL THOUGHTS

- **Recognise** magnifications: "it's terrible, it's impossible, I can't, I'm unable to, it will surely turn out badly...".
- **Identify** the thought that harms us and try to rationalise it.

BEHAVIOURS

- **Avoid** escape/avoidance behaviours that in the short term may help to feel better, but in the medium term generate problems and discomfort (consumption of toxic substances or alcohol, compulsive eating, self-harm...).
- **Try to solve** the existing problem.

ALL EMOTIONS ARE USEFUL AND NECESSARY FOR LIFE.
IT IS IMPORTANT TO **LISTEN** TO WHAT THEY TELL US TO BE ABLE
TO **COPE** AND **TAKE CARE** OF OURSELVES

What can help?

Developing healthy lifestyles of self-care: eating, sleeping, physical activity... helps us to be less vulnerable.

Organise daily life.

- Establish life routines avoiding a sedentary lifestyle.
- Carry out pleasant activities: drawing, cooking, reading, sewing, watching television, cinema, etc ...

Get in touch with others: Connect with people around you, friends, family. Participate in social and educational activities. If we are having a bad time, talking to someone we trust and sharing it can help.

Manage excessive anxiety. Prevent it from increasing, with something that brings peace of mind.

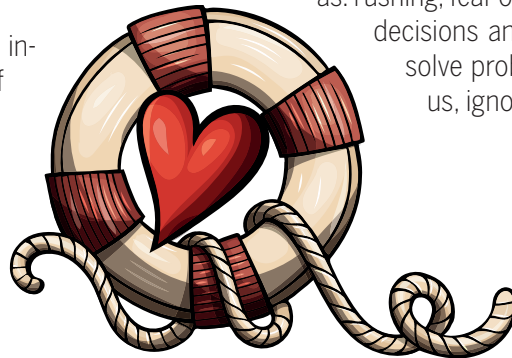
- Don't try to do everything at the same time.
- Find simple ways to relax: lie down, close your eyes, breathe slowly.

Manage worries.

- Deal with situations as they arise, trying not to magnify them.
- Accept that there are things that depend on you and things that don't.

Solve problems.

- Problems are part of life and affect our well-being.
- To solve them, it is useful to make decisions and take action, but sometimes we encounter barriers to this, such as: rushing, fear of making mistakes, putting off decisions and finding solutions, trying to solve problems that do not depend on us, ignoring our emotional reactions.



Call for help

In order to deal with emotional distress it is important

- **To ask for help from people we trust**, so we can respond to our basic needs and solve problems.
- **Seek more information** that can help us to manage our discomfort: self-care, emotional regulation, problem-solving, keeping up healthy social relationships...
- **To go to services around us** (health centres, municipal services, etc.) for developing healthy lifestyles.

- **Seek support from community resources:** associations, self-help groups, social services, educational centre...
- **Seek professional help** if symptoms are very intense, such as difficulty in carrying out daily activities, increased alcohol consumption or self-medication, difficulty in relating to others or not getting adequate rest.

At the health centre, the different professionals will be able to help us and will refer to specialised help if necessary.

More information:

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Servicio Navarro de Salud
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Gerencia de Atención Primaria
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