

Wellness Tip: Emotional Well-Being & Optimism

Guest Services is committed to your health and wellbeing year-round, and now more than ever with the spread of COVID 19. Decreased social contact and negative news can take a toll on mental and emotional health. Self-care is not selfish. Pay attention to your mental and emotional health and equip yourself to boost your resiliency and be there for others in their times of need.

Check out these four helpful tips to boost your emotional well-being!

- [Creating an Attitude of Gratitude](#): What are you grateful for? Gratitude is a simple yet powerful practice that can promote well-being. Suggestions for practicing gratitude are detailed within.
- [Positivity: Finding the Sunny Side of Life](#): Choosing to be positive can be beneficial to your well-being. This two-page guide provides tips and tricks for promoting a positive outlook.
- [Optimism During a Pandemic](#): Find the bright side in difficult times. Rather than focusing on the negative, try to practice a different perspective -- the glass half full!
- [Two Quick Relaxation Techniques](#): Turn the stress response off and *relax!* Use these two tension release techniques during the day or as you prepare for sleep.

There are also a plethora of mental health apps on the app store that are free such as the Gratitude Happiness Journal, [Headspace](#), and [Calm](#). For CareFirst members, [Sharecare](#) is another resource for mental health tips in your timeline, tracking your stress levels, and using the Inspirations tool to find relaxation video content.