

**Emotional Wellness** is more than just handling stress, it is the ability to understand ourselves and cope with the challenges life can bring. It also involves being attentive to your thoughts, feelings, and behaviors, whether positive or negative and possessing the ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner.

- I am able to maintain a balance of work, family, friends, and other obligations
- I have ways to reduce stress in my life
- I am able to make decisions with a minimum of stress and worry
- I am able to set priorities



Programs in this Dimension

	<i>LEAD</i>	Workshops (Wellness)
	<i>STAR</i>	Workshops, Information Exchange
	<i>EAW</i>	Counseling, Seminars, Wellness@Work