

# Staying Emotionally Healthy



Your emotional health is definitely affected by your physical health. Eating a healthy, balanced diet and getting plenty of exercise are two steps that can enhance and support your emotional health. A positive attitude is another important factor that can affect your emotional health. Not only can a positive attitude help bring mental and emotional happiness, but it can also lower the risk for early death and produce other health benefits as well. Studies have shown that your mental health can influence your physical health. These same studies also showed that people who focus on negative thoughts do not experience the same quality of health and are more likely to die early.

## Other Benefits Associated with a Positive Attitude Include:

- ★ Fewer problems at school or work
- ★ Ability to set and accomplish goals
- ★ Less pain and fewer limitations due to pain
- ★ Less interference from physical or emotional problems when engaging in social activities
- ★ Increased energy
- ★ Less anxiety and stress
- ★ Reduced risk of depression
- ★ Feeling more peaceful, happy, and calm



## Discussion Questions

Are you an optimist or a pessimist?

How does your attitude affect your mood, health, and performance?

## Activities

1. What advice or suggestions would you give to a classmate that had a bad attitude and tended to be a pessimist? Be specific!



2. Do further research on the symptoms of stress, anxiety, depression, and grief. Write briefly about what you learned and specifically how these conditions can affect a

person's life and relationships. According to your research, describe strategies for addressing these conditions.

3. Make a poster or slide presentation that encourages the students at your school to be optimists. Be creative!



4. In groups, have each member share ways he/she deals with sadness, anxiety, and stress. Share your discussions with the other groups.

5. In groups, discuss how being an optimist or a pessimist could affect a person's personal or vocational goals.

**Home Connection** Being thankful is part of having a good attitude! As a family, list all the things you have to be thankful for. Place this information in your health portfolio.



An **optimist** focuses on the positive and sees the best in a situation or the world. A **pessimist** focuses on the negative and tends to always look at the downside of a situation. In general, an optimist will look for reasons to be happy and satisfied, while a pessimist will look for reasons to complain.

Be **Healthy** and **Wise** and  
Choose to Have a **Good Attitude!**