



Heart-Hebrew Lev

Proverbs 4:23

*Watch over your
heart with all
diligence,*

*For from it flow the
springs of life*



THOUGHT

EMOTION

PHYSICAL

CHOICES

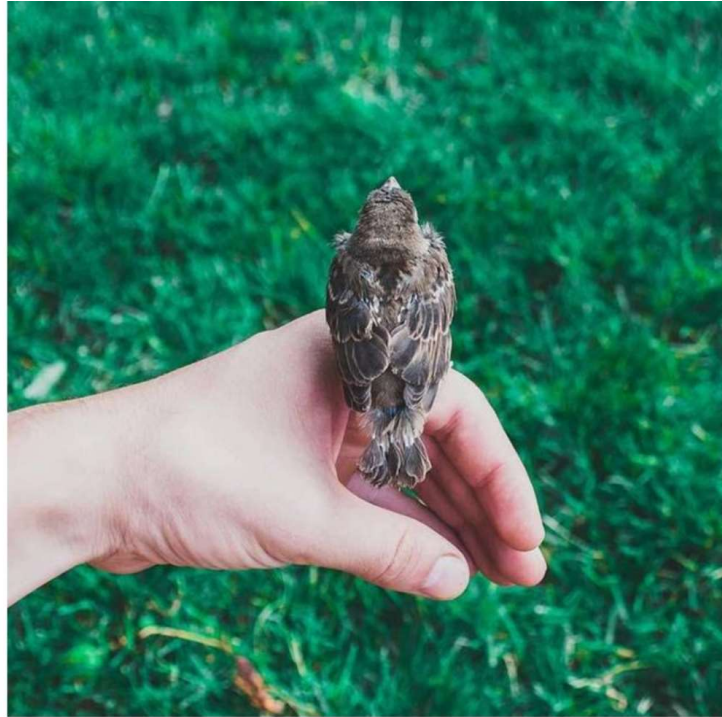


Photo by Razvan Narcis Ticu on Unsplash

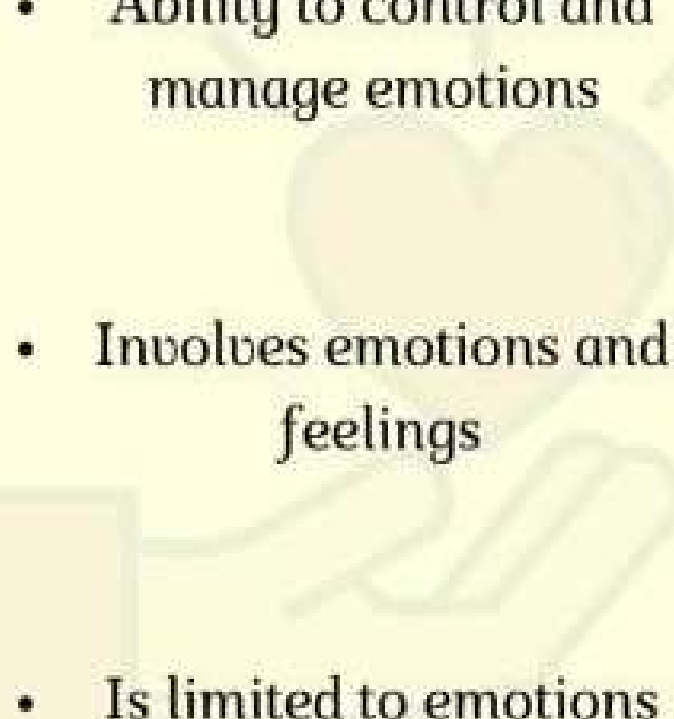
What is Emotional Health?

It's not the same thing as mental health but it is part of mental health.

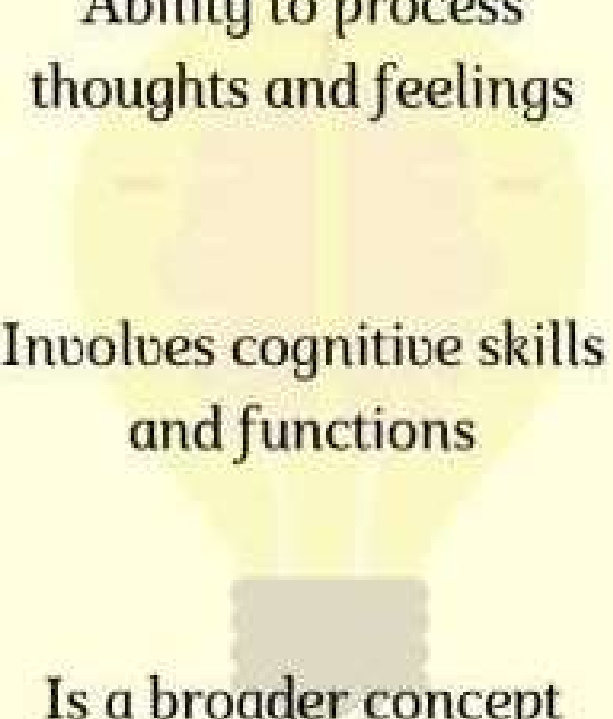
- ▶ While the two terms are often used interchangeably, emotional health “focuses on being in tune with our emotions, vulnerability, and authenticity,” Juli Fraga, PsyD.
- ▶ Having good emotional health is a fundamental aspect of fostering resilience, self-awareness, and overall contentment.



EMOTIONAL HEALTH

- Ability to control and manage emotions
 - Involves emotions and feelings
 - Is limited to emotions
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MENTAL HEALTH

- Ability to process thoughts and feelings
 - Involves cognitive skills and functions
 - Is a broader concept
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Continuum of mental health and wellbeing

Mentally Unwell

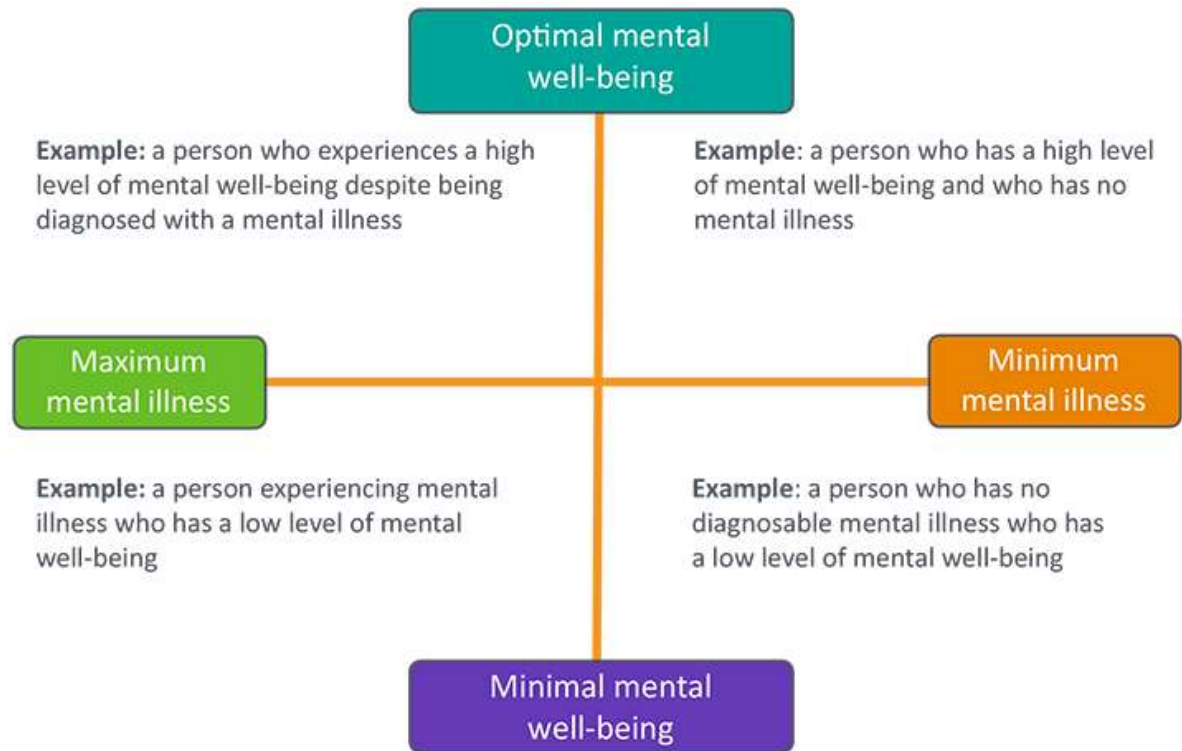
Distressed
Poor coping skills
Hopelessness
Disconnected from others
Angry outbursts
Sleeping too much/ little
Excessive anxiety & worry
Pervasive sadness
Withdrawal

Mental Health Issues



Mentally Healthy

Resilient
Strong coping skills
Resourceful
Positive relationships
Usual mood fluctuations
Usual sleep patterns
Energised
Able to manage challenges
Socially engaged





"Mind how you go!"

