

# PUT A LABEL ON IT

## Blueprint for Emotional Wellness

Happiness depressed Anxious Silly Joyful sorrow Safe Love Sad  
Worried Content Sympathy Bored Proud Cheerful Defeated Guilty  
Dismayed Amazed Elated Shocked Helpless Powerless Calm  
Delighted Worried Optimistic Enthusiastic Amused Satisfied  
Confident Brave Hesitant Angry Preoccupied Relaxed Eager  
Confused Stunned Fearful Fiery Contempt Relieved  
Excited Cautious Overwhelmed Pleased Panicked Awkward  
Nervous Frustrated Concern Regretful Hopeful Absorbed Intrigued  
Grumpy Disappointed Weary Interested Indifferent Trusting  
Tenderness Bitter Fondness Dread Relaxed Scared Secure  
Jealous Rejected Self-conscious Shamed Compassionate Irritated  
Horrorified Alarmed Hurt Aggravated Embarrassed Disgusted  
Pity Insecure Lonely Melancholy Ambivalent Alienated Mysterious  
Uncomfortable grateful inferior Disturbed Disillusioned  
Heavy-hearted Outraged Lazy Exhausted Insulted Sad Adoration  
Caring Liking Receptive Exhilarated Curious Anticipating  
Disoriented Suspicious Playful Uncertain Neglected Exasperated  
Humiliated Envious Grief-stricken Spiteful Hostile Alert  
Anguished Good-humored Introverted Aglow Light-hearted  
Oblivious Outspoken Responsible Purposeful Felicity

Together, all the way.®



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# SELF-AWARENESS EXERCISE

## Blueprint for Emotional Wellness

While you might think it's easy to get to know the person you are every day, the truth is it can take decades to get to know yourself! Getting to know yourself deeply and honestly, including your strengths and flaws, helps you discover what you'd like to keep doing and what you'd like to change. The exercise below is just a starting point on your journey towards self-awareness. To delve a bit deeper into your investigation, consider the suggestions below each category:

### Values and beliefs

Name two things that are most important to you in your life:

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What do you consider to be strong beliefs?

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**Consider:** Are you living according to your beliefs and values? If not, why not? How can you start? Ask yourself if there's more you can do to live by the values and beliefs you noted above.

### Likes and dislikes

What activity do you most look forward to when you have free time, and why?

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Name an activity you dislike. Why don't you like it?

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**Tip:** A good way to start noticing patterns in your feelings as they relate to your daily activities is to keep a journal. Make note of what you did during the day and how it made you feel. Not only will this help get you started on talking about your feelings, it also gives you a record of your activities in case you ever want to relive a moment or experience!

## Personality traits

How do you think someone would describe you to someone who didn't know you?

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Are there any aspects of your personality that you would like to work on (i.e., short temper, impatience, etc.)?

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**Tip:** To get a better sense of your personality traits, consider taking a personality assessment! There are many different assessments available online or at your local library or book store. The Myers-Briggs Type Indicator® is just one example of this type of tool.

## Extroverted / introverted

Describe your "ideal" Saturday night:

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When you're at a party, you tend to...

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When you are around a lot of people, do you feel more energized, or are you "drained" of energy?

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**Note:** If your ideal activities include other people, or if you feel more energized by being around others, you are likely on the extroverted end of the spectrum. If you feel uncomfortable in large gatherings or prefer more time to yourself, you may be more introverted. Check out some personality inventories online to learn more on these personality traits.

## Strengths and weaknesses

What kinds of tasks are you best at?

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What types of tasks or activities are you not as skilled at?

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**Tip:** Of course no one is good at everything, but are there things you can try to improve on? It may be uncomfortable at first, but consider taking a class, asking for a training or tutorial, or doing your own research to improve or build a skill you are currently lacking.

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# FIND YOUR SUPPORT

## Blueprint for Emotional Wellness

As we walk the path of emotional wellness, it helps to have a foundation of social support. A strong social network can help you enjoy the good times to the fullest, support you during the bad times, and everything in between. Don't worry if your support system isn't huge; think of it as an additional strategy you can use to improve your emotional wellness. Use the questions below to reflect on your existing support network and identify ways to strengthen it even further.

### Listening

In life's ups and downs, it helps to have someone who listens to us. Who listens to you?

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### Accepting

Listening isn't always enough – a good support person will also accept us for who we are, and let us know that where we're at is okay. Who serves this purpose for you?

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### Challenging

It might be hard to hear sometimes, but a good social support person accepts who we are while at the same time challenging us to be better. Who challenges you to be better? Who do you trust most for feedback?

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### Affirming

Whether we're talking about our jobs, hobbies, household projects, or other activities, a good support person affirms and encourages us, and lets us know of a job well done! Who do you primarily look to for this support? Who affirms your competence?

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**Reflect on the person or people you listed to answer the following questions:**

Do you rely primarily on one person as your social support, or on many different people?

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Do you ever look to a person who has a pattern of not coming through for you?

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Who else would you like to recruit for your support network?

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How could you plan now to begin developing these other relationships? See below for some ideas.

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**Need to enhance your social support?**

Sometimes, our support network needs some nurturing to make it as strong as it can be, or perhaps you're in need of additional support people. Consider the ideas below:

**Variety**

Don't be afraid to reach out to a variety of people to fulfill your social support needs. Perhaps you have a co-worker who can talk with you about work problems, or a close friend or family member to discuss family concerns. Don't be afraid to let more people into your network – you can never have too much support!

**Virtual connections**

Just because a friend or family member is far away doesn't mean you can't consider them an ally or support person. Take advantage of technology, a great tool for staying connected even across the world! Try video-chatting, email, or sending a text message to a friend or family member who you'd like to talk more with.

**Hobbies and interests**

Take a community education class, get involved in local activities, or volunteer for an organization you believe in. Immersing yourself into activities and hobbies you enjoy exposes you to others with similar interests. Common ground is a great way to start a new friendship!

**Support groups**

Sometimes, you'll find yourself in unique situations that some people won't understand, such as caretaking for a sick family member or experiencing the death of someone close to you. In these times, it may help to seek out a support group or faith community in your area to find others with similar experiences. Not only will you get some tips from those who've lived it, you may just find a new support person you can rely on, as well. Call your EAP if you need assistance with locating support groups in your area.

**References**

American Psychological Association. (n.d.), Manage stress: Strengthen your support network. Retrieved March 21, 2017 from <http://www.apa.org/helpcenter/emotional-support.aspx>

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