

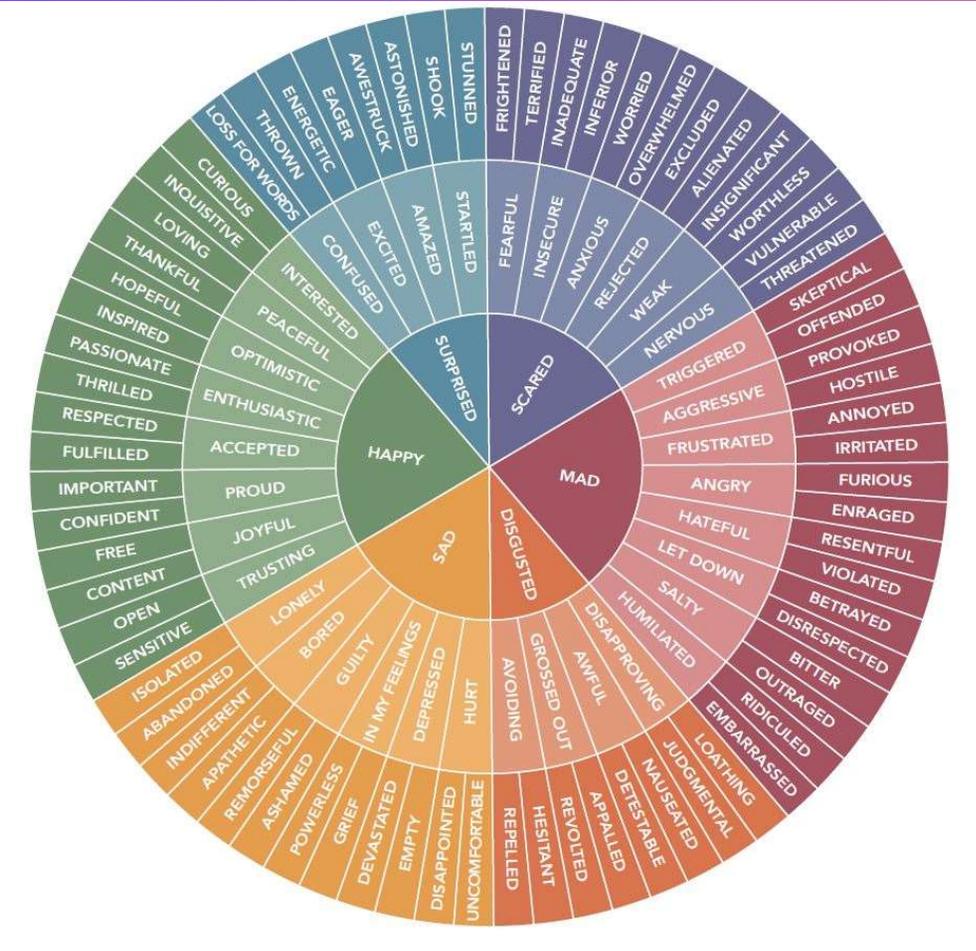
# TAKE CHARGE OF YOUR EMOTIONAL HEALTH

Orma C. Smith Licensed  
Professional Counselor

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# IDENTIFY THE EMOTION



# Resist the Urge to Judge

Feelings are neither good nor bad

Only your response/behavior can create challenges

Example: Guilt over being happy

# Healthy Expression of Emotions



UNEXPRESSED EMOTIONS  
LEAD TO CHALLENGES  
(HEALTH, RELATIONSHIPS)



PAUSE-REFLECT-  
RESPOND  
(DON'T REACT!)



CONSEQUENCES OF  
REACTING VS  
RESPONDING

# Factors That Impact Emotional Health



Physical Health



Relationships/Social Interactions



Your Intake (SM, Television, Music)



Your Thoughts

# What is Empathy?

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Putting yourself in someone else's shoes

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Why is empathy important in our interactions with others?

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Ways to express empathy

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# Self-Care



Not just  
massages and  
sandy beaches



Get sufficient  
sleep



Healthy eating



Quiet time



Limit screen  
time



Social  
interaction  
(in a safe way)

