



5 Tips to Boost Your Emotional Well-being

Whether you're working through obstacles life sends your way or holding firm as a beacon of positivity, here are five tips to boost your emotional well-being:

- 1. Make having fun a habit**—Fun shouldn't be limited to weekends, so commit to reducing stress and boosting your mood by finding moments that make you smile.
- 2. Practice gratitude**—Recognizing what others do for you and lending a hand for those in need can bolster your self-esteem, sense of positivity, and emotional connectedness.
- 3. Go walking in the sunshine**—Get outside and reap some vitamin D. Exercising while surrounded by daylight helps release compounds in your brain that boost your mood.
- 4. Remember that food is your friend**—Sticking to colorful fruits and veggies, lean protein, and high-fiber carbs can help control disorders that affect mood.
- 5. Know it's okay to not feel okay!**—Mental and emotional disorders, such as anxiety, and depression are very common—and highly treatable with the right assistance.

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