

# STAR THE BUCK SAYS...

Insights and Highlights from a deer friend at Northstar EAP



## POSITIVE EMOTIONS AND YOUR HEALTH

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life—and focusing on what's important to you—also contributes to emotional wellness.

## POSITIVE EMOTIONS AND YOUR HEALTH, CONTINUED...

Among those who appear more resilient and better able to hold on to positive emotions are people who've practiced various forms of meditation. In fact, growing evidence suggests that several techniques—including meditation, cognitive therapy (a type of psychotherapy), and self-reflection (thinking about the things you find important)—can help people develop the skills needed to make positive, healthful changes. Connect with others: Social support is crucial for good mental health. Make time to connect with friends and loved ones, whether in person or virtually.

Being open to positive change is a key to emotional wellness. “Sometimes people think that emotions just happen, kind of like the weather,” Fredrickson says. “But research suggests that we can have some control over which emotions we experience.” As mounting research suggests, having a positive mindset might help to improve your physical health as well.

**To get instant support today, simply send the message “Hi” to Tess at +1 (906)208-4204**

**And happy mental health awareness month -May!**

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