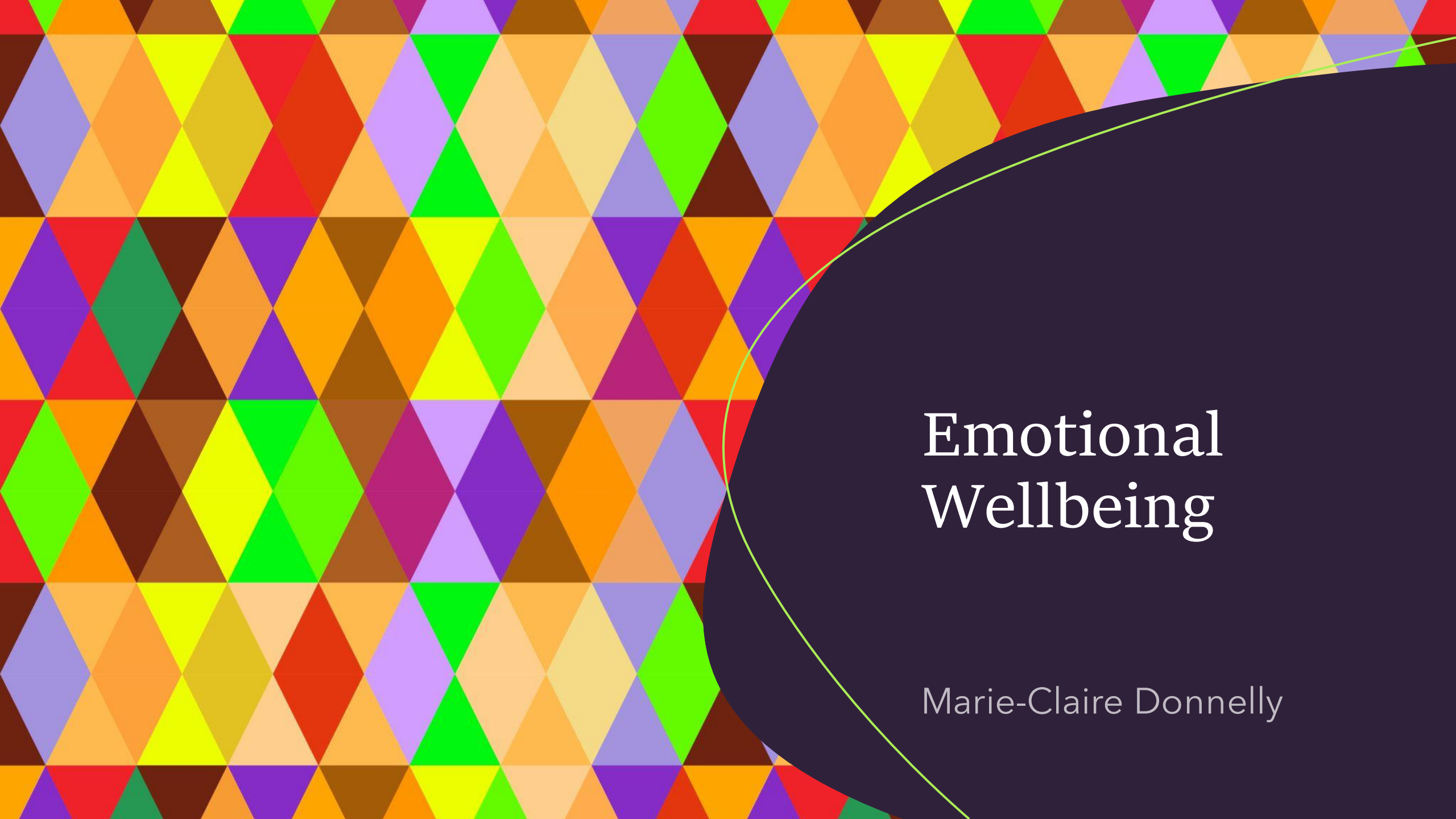




Emotional Wellbeing

Marie-Claire Donnelly



Emotional Wellbeing

- What is wellbeing?
 - What is emotional wellbeing?
 - What is our role in supporting emotional wellbeing?
- 

Wellbeing – a definition

The state of being comfortable, healthy and happy.



Emotional Wellbeing

- *The ability to practice stress-management techniques, be resilient, and generate the emotions that lead to good feelings.*

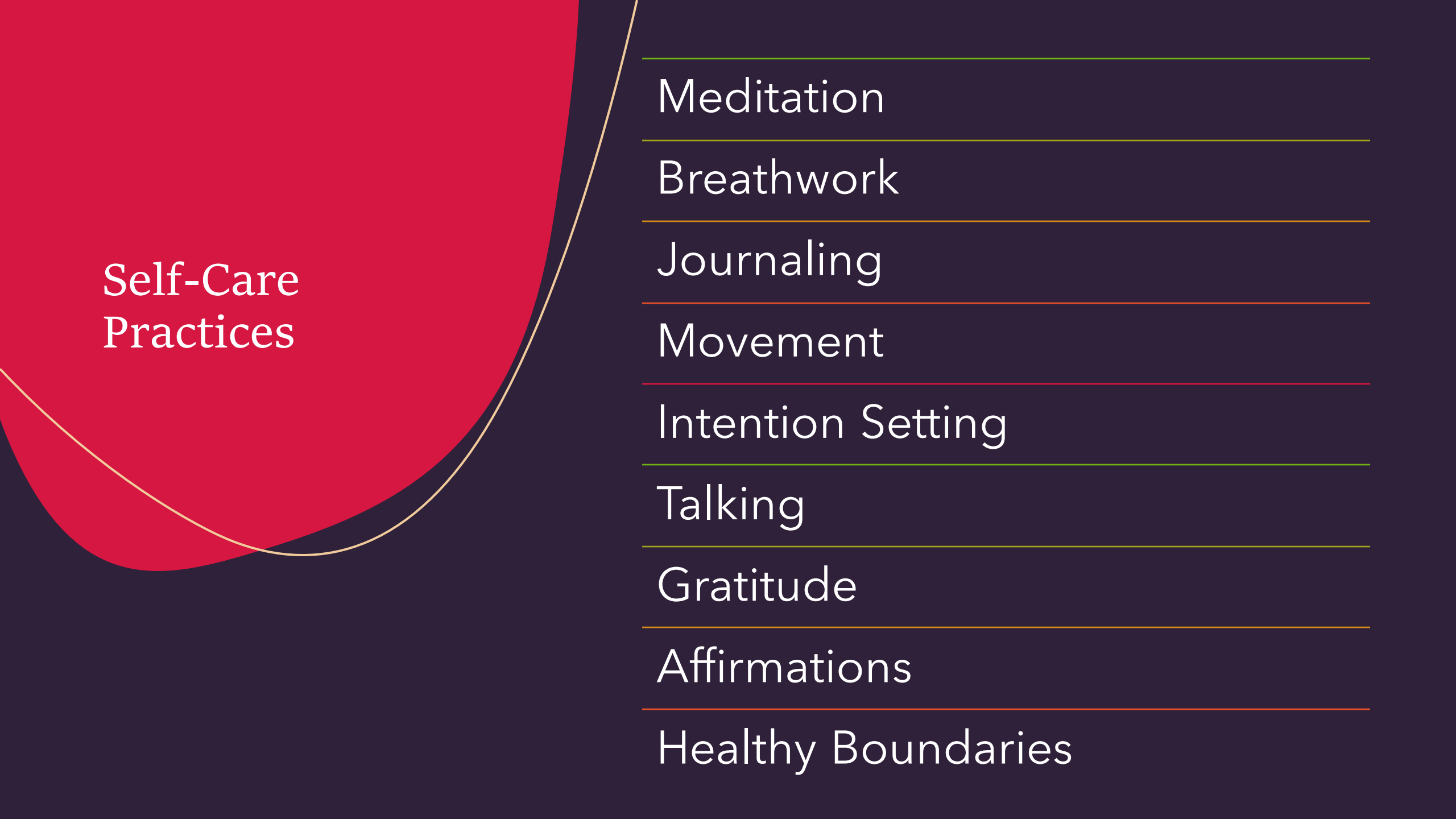
Psychology Today

- How aware are we of our own emotions, including our emotional triggers?
- What practices do we have in place which protects our emotional wellbeing?
- How do we role model emotional wellbeing?



Our Role in Supporting Emotional Wellbeing

- Self-Care practices in place
 - Shining our light
 - Powerful conversations
 - Emotional wellbeing goals
- 



Self-Care Practices

Meditation

Breathwork

Journaling

Movement

Intention Setting

Talking

Gratitude

Affirmations

Healthy Boundaries



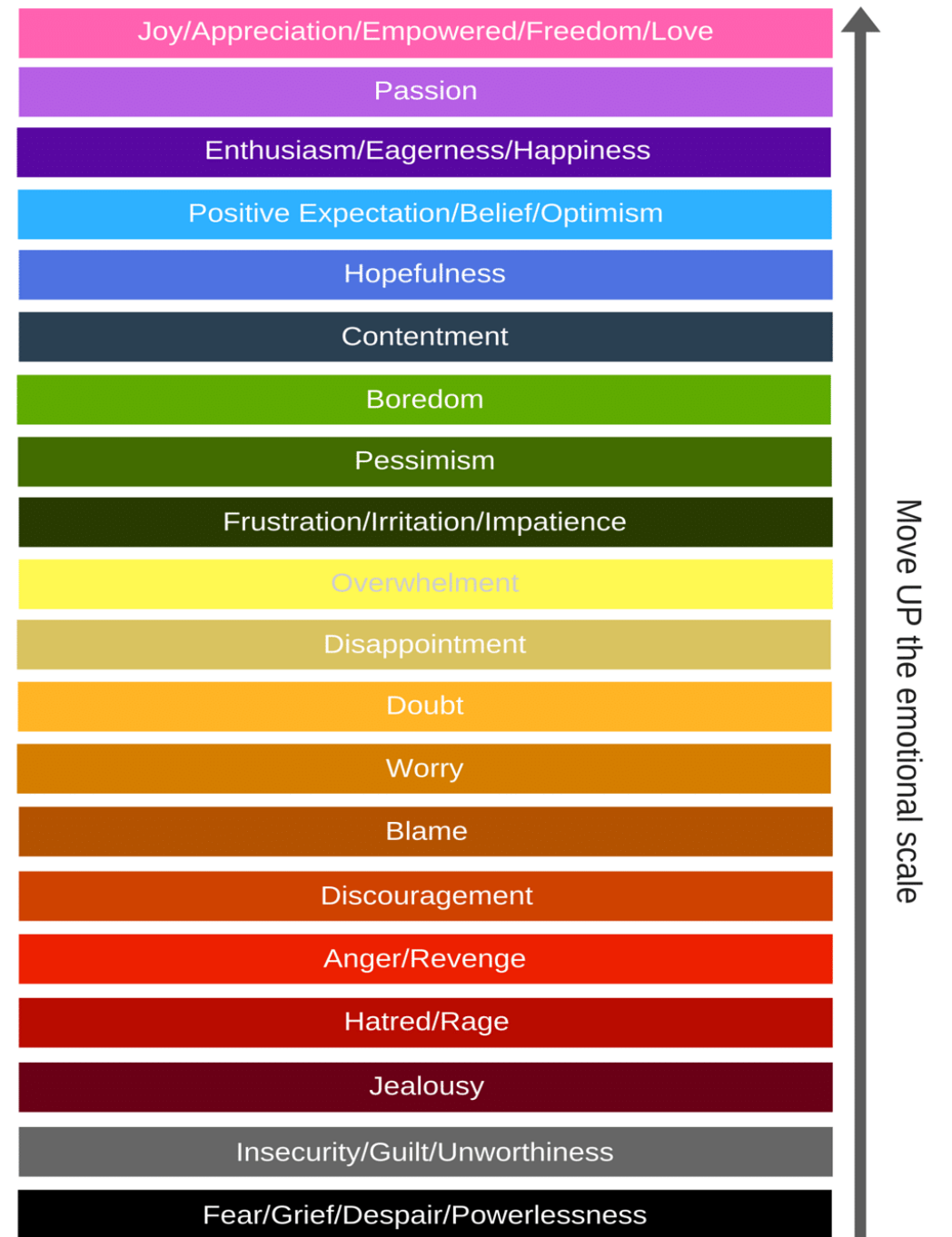
Shining Our Light

- Walk the talk
 - Vulnerability
 - Share best practice
 - Holding space
- 

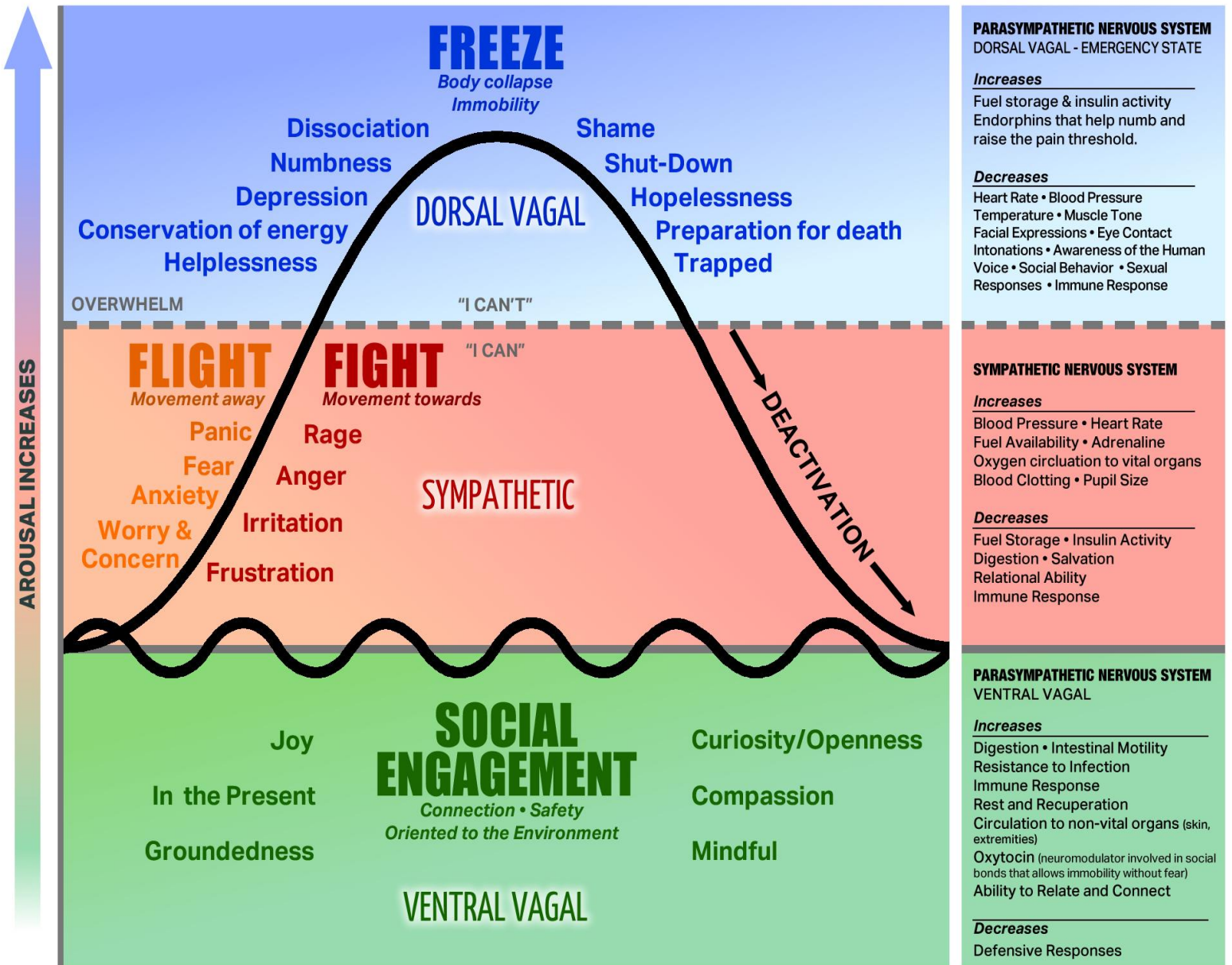


Emotional Wellbeing Conversations

Emotional Scale



Polyvegal Bellcurve



Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

rubyjowalker.com



Emotional Wellbeing Goal Setting

- I would like to feel.....
 - So that (motivators).....
 - What else might change when I feel that way?
 - What obstacles are in my way?
 - What actions am I committing to?
 - How can I keep myself accountable?
- 



Thank you