

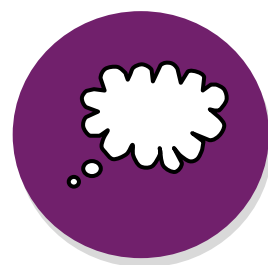
INVEST IN YOUR WELLNESS:

RECOGNIZE EMOTIONS



Reflect on yourself. When we pay attention to how we're feeling, we become better at managing intense emotions in tough situations. Take a moment to acknowledge and reflect on your emotions throughout the day.

Pause before you speak. If you often make impulsive judgements, practice taking a breath before responding in a conversation. Respond with care to the body language, tone and apparent emotions of others.



Practice empathy. Put yourself in their shoes. It's a simple way to gain perspective, become more relatable and comfort others in difficult times.

Check out Virgin Pulse, a free online and mobile wellness platform available to benefits-participating employees and their benefits-participating spouses or partners. Navigate to the "Programs" tab and select "Emotional Intelligence 101" to get started.



If you have any questions or would like to request special accommodations to fully participate in Healthy OHIO or other WellWorks programs, please contact Annie Laurie Cadmus at 740.593.9458 or cadmus@ohio.edu.



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