



# EMOTIONAL AND PSYCHOLOGICAL WELLNESS

## OVERVIEW

Emotional and psychological wellness are two main components of mental health that plays a significant role in one's contributions to society, productivity, and reaching one's potential.<sup>1</sup> Emotional wellness relates to one's feelings of confidence, fulfillment, self-esteem, and sense of purpose. Adaptability and resiliency are closely associated with positive levels of mental wellness.<sup>2</sup> Decision making, stress management, and ultimately one's thoughts and actions are all the product of emotional and psychological wellness.<sup>3</sup> A combination of brain chemistry, environment, genetics, and personal experiences impact one's psychological state from an early age.<sup>4</sup>

Problems with emotional and psychological wellness often appear in the forms of anger, confusion, desolation, fear, forgetfulness, helplessness, hopelessness, indifference, irritability, mood swings, persistent thoughts, thoughts of self-harm, upset, withdrawal from activities and others, and worry. At times, emotional and psychological issues can directly correlate with physical symptoms related to aches and pains, insomnia, low energy, overeating, oversleeping, and undereating.<sup>1</sup> Emotional disorders such as anxiety and depression can influence impulse control and have further implications on physical health, potentially increasing the likelihood of risky sexual behavior and the use of alcohol, tobacco and other drugs.<sup>5</sup> Additionally, the presence of these attributes can play a role in altering the financial, intellectual occupational, and social dimensions of health.

## RESOURCES

<sup>1</sup> [http://www.who.int/features/factfiles/mental\\_health/en/](http://www.who.int/features/factfiles/mental_health/en/)

<sup>2</sup> <http://foh.psc.gov/calendar/august.html>

<sup>3</sup> <https://www.mentalhealth.gov/basics/what-is-mental-health/>

<sup>4</sup> <http://www.who.int/mediacentre/factsheets/fs220/en/>

<sup>5</sup> <https://www.surgeongeneral.gov/priorities/prevention/strategy/mental-emotional-well-being.pdf>

## ADDITIONAL INFORMATION

For more information, tools, and resources about emotional and psychological wellness, visit:

<https://www.cdc.gov/mentalhealth/basics.htm>

[http://www.dbsalliance.org/site/PageServer?pagename=education\\_mood\\_disorders](http://www.dbsalliance.org/site/PageServer?pagename=education_mood_disorders)

<https://www.drugabuse.gov/publications/drugfacts/comorbidity-addiction-other-mental-disorders>

<http://www.fearof.net/>

<http://www.mayoclinic.org/diseases-conditions/personality-disorders/home/ovc-20247654>

<https://medlineplus.gov/phobias.html>

<https://medlineplus.gov/psychoticdisorders.html>

<https://www.nami.org/Learn-More/Mental-Health-Conditions>

<http://www.nami.org/Learn-More/Treatment>

<https://www.nimh.nih.gov/health/topics/anxiety-disorders/index.shtml>

[https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml?utm\\_source=rss&utm\\_medium=rss](https://www.nimh.nih.gov/health/topics/eating-disorders/index.shtml?utm_source=rss&utm_medium=rss)

[http://www.ninds.nih.gov/disorders/autism/detail\\_autism.htm](http://www.ninds.nih.gov/disorders/autism/detail_autism.htm)

<https://www.northwell.edu/find-care/conditions-we-treat/addictive-disorders>

<http://psychcentral.com/lib/what-are-impulse-control-disorders/>

<http://www.ptsd.va.gov/public/PTSD-overview/basics/what-is-ptsd.asp>

<http://www.samhsa.gov/treatment/mental-disorders>

[http://www.who.int/features/factfiles/mental\\_health/mental\\_health\\_facts/en/](http://www.who.int/features/factfiles/mental_health/mental_health_facts/en/)

<http://www.webmd.com/mental-health/mental-health-types-illness>

<http://www.webmd.com/mental-health/obsessive-compulsive-disorder>