

# EMOTIONS **Matter**

## Feeling fulfilled emotionally

Your emotional well-being helps you cope with the demands of your everyday life.

### Are you in tune to your feelings?

What emotions do you experience throughout a typical day?

How do your relationships impact on your daily emotions?

### How does stress affect you?

FIRST ASK  
YOURSELF

## Increase your emotional well-being

**TAKE 5:** Go for a walk, journal or meditate

**POSITIVITY IS KEY:** Surround yourself with people who fill your cup

**GET ACTIVE:** Regular exercise can make a world of difference in your mental health

THEN MAKE  
A MOVE