



MAINTAINING MENTAL AND EMOTIONAL WELLNESS

- Believe that you have the power to change
- Learn to understand and mobilize feelings
- Be realistic - if you are overwhelmed, learn to say no
- Learn how to respond to your fear cues
- Shed the "superman/superwoman" urge. No one is perfect, so don't expect perfection from yourself or others
- Meditate for ten to twenty minutes daily or find the relaxation technique that works for you
- Take anger and use it **positively**
- Visualize how you can manage a stressful situation more successfully
- Take on a hobby that will give you a break from your worries
- Live a healthy lifestyle with good nutrition, adequate rest, regular exercise, limited caffeine and alcohol and balanced work and play
- Share your feelings with family and friends and don't try to cope alone
- Give in occasionally and be flexible
- Go easy with criticism, you may be expecting too much
- Learn how your body reacts to stress so that when your body sends its early warning stress signals you can regain control of your mental health

Guidelines for Encouraging A Positive Personality

- Live together in mutual respect
- Focus on the positive
- Accept your child as is
- Give responsibility and expect responsible behavior
- Let your child learn from the logical consequences of living
- Have and communicate the courage to be imperfect
- Develop reasonable standards and expectations
- Listen carefully

- Care about things that are important to your child

Methods of Encouragement

- Show faith
- Build self-respect
- Recognize effort and improvement
- Focus on strengths and assets

Strategies To Encourage Children

- Give responsibility
- Show appreciation for contributions at home
- Ask for opinions and suggestions
- Encourage participation in decision making
- Accept mistakes
- Emphasize the process, not just the product
- Turn liabilities into assets
- Show confidence in your child's judgments
- Have positive expectations
- Develop alternative ways of viewing situations

Encouraging Family Atmosphere

- Independence - child becomes self-reliant
- Respect - becomes responsible
- Acceptance - develops positive self-worth
- Equality - appreciates self and others
- Confidence - believes in own power to handle life
- Expression of feelings - is not afraid of own or other's feelings

Discouraging Family Atmosphere

- Overprotection - child relies on others and self
- Rejection - low self-worth
- Permissive - is unconcerned about other's rights
- Pity - feels sorry for self
- Competition - becomes anxious, afraid to try unless success guaranteed
- Discouragement - becomes cynical, pessimistic