



THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



EMOTIONAL WELLNESS

Contact Us:

**Phone**

931-372-3331

Eagle Eye Crisis Hotline

855-206-8997

**Email**

counsel@tntech.edu

**Address**

Roaden University Center Room 307

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.



What is emotional wellness?

Emotional wellness refers to one's emotional state, awareness, and well-being. Developing skills to navigate through life's ups and down is key to maintaining one's emotional wellness.

Emotional Awareness

- **Recognize your emotions:** identify common emotions and notice how you experience them in different ways
 - Practice mindfulness to stay present.
- **Recognize Stress and Practice Coping:** Being aware of your personal stressors, learn how it affects your mood. Take time to learn new ways regulating strong emotions
 - *Mindfulness and meditation*
 - *Deep breathing exercises*
 - *Connect with Nature off of a screen*
- **Positive Relationships:** Having a stronger supportive community of individuals
 - *Who you surround yourself with can impact your mindset, positively and negatively*



Taking care of yourself

Life, especially college life, inevitably brings stress and challenges. Even small steps toward self-awareness and self-care can significantly change how you navigate your emotional landscape. It's common to feel overwhelmed by the process of adjusting emotional patterns while simultaneously handling the demands of college.

Signs of emotional difficulties

- Unsure of what feelings flood you in uncomfortable circumstances
- Difficulty in identifying emotions
- Negativity in mindset
- Emotional and Mood changes
- Changes in sleep and appetite patterns
- Increased risk-taking behaviors

Learning how you experience your emotions is the first step to developing emotional wellness.