Emotional Wellness Webinars

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This series of webinars is designed to focus on Emotional Wellness [1].

Emotional wellness involves understanding one's self and adequately facing the challenges life brings.

Learning to manage our emotional reaction to stress is critical in attaining emotional balance and well-being. Beginning to better understand ourselves (our patterns and responses to stress) while keeping things in perspective (acknowledgement that 'it is what it is'), and be willing to get help when we need it, is a large component to emotional wellness. This mental resourcefulness of identifying the area of concern, and employing coping, persistence and resilience skills where possible, is an important factor in achieving overall health and well-being, enabling us to maintain the necessary optimism, self-esteem, self-acceptance and ability to experience and cope with feelings independently and interpersonally. Remember that wellness is a journey, which requires practice.

We strive for progress, not perfection, along the way. Practicing radical self-acceptance and loving self-compassion can go a long ways in helping each of us find the emotional intelligence and wellbeing necessary for a more fulfilling and peaceful life.

To learn more about Emotional Wellness tune into the following webinars:

Self-Care 101 [2]

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Links