Emotional Wellness Checklist

Adoption Competent Mental Health · https://bridges4mentalhealth.org/hub/adoption-competence/emotional-wellness-checklist/

Summary: This resource is a two-page checklist encouraging self-care through emotional wellness. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and challenging times. Six essential tips with applicable strategies are listed in a user-friendly format.

Application: The checklist will provide a guide to assessing emotional wellness. This tool can be used to guide conversations and encourage improving self-care.

Source: National Institutes of Health

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