



Los Angeles County
Office of Education

Employee Assistance
Service for Education

OCTOBER 2021 |

*Emotional Wellness
Month*



CONNECT WITH EASE

Employee Assistance Service for Education

Overview:

*October:
Emotional Wellness
Month*

The Season of Letting Go

EASE CAN HELP DURING DIFFICULT TIMES

CONNECT WITH EASE:

(800) 882-1341

**Free confidential professional
help for
district employees and family
members:**

Family troubles. Emotional distress.
Job stress.
Anxiety. Drug/alcohol use. Grief.
Loss.
Life transition issues.

Professional counselors are ready
to help.
Call the EASE Hotline for 24/7
assistance.

MESSAGE FROM EASE

October is Emotional Wellness Month. Emotional wellness is important because how one feels impacts every aspect of our lives. According to the National Center for Emotional Wellness, the term refers to an awareness, understanding, and acceptance of one's emotions, with the ability to manage effectively through challenges and change.

There is something important to be learned from the art of 'letting go', it is an invitation to relinquish unhealthy attachments to events, ideas, possessions, and minor irritations. When we let go of painful emotions and focus on the present moment, this regulates our feelings more effectively. There is considerable evidence that mindfulness practice improves both mental and physical health. It helps us to live in the present moment, the only space we can actually be in at any given time. Positive well-being leads to happiness, whereas negative well-being tends to lead to depression and mental challenges. Remaining in the present moment and adhering to a sense of mindfulness, is important for your emotional well-being.

Using boundaries to manage our energy requires that we decide what's important to us, what really matters in the grand scope of our lives, and what our priorities are. Boundaries are intended to help us manage our energy wisely, protect our survival, and promote our well-being. Boundaries are important. Individually, they promote our mental health well-being by protecting us from the anxiety of taking on too much and from becoming overwhelmed or burnt out. Being emotionally well leads to a happier and more blissful life, and also allows you the opportunity to attain your full potential. If you are struggling with balancing your emotional wellness and "letting go", contact EASE for additional support!

CREATING YOUR BOUNDARIES & LETTING GO

By: EASE STAFF

Acknowledging what is within your control and what is beyond your control. This can help maintain your emotional health and well-being. Stress can be overwhelming when you feel like everything is out of your control. This can lead to chronic stress that has damaging effects on our physical and mental health.

Boundaries are the limits we set within ourselves and our relationships. It sets what behaviors you will accept from others and what others can expect from you. Boundaries help create a sense of autonomy. Research has found that a lack of boundaries, especially between work and home life, is linked to lower levels of happiness, unhealthy lifestyles, and a higher risk of family conflict. Understanding what is within your control will help you establish the boundaries that are needed to support your emotional health. Creating and maintaining boundaries is within your control.

With the holiday season just ahead we may feel obligated to engage in events and activities to avoid hurting people's feelings. Now is the time to decide what your priorities are and have a clear idea of what you are willing to spend your time and energy on and what expectations you can let go of.

Here are some questions to help you create your boundaries:

What do I value?

Don't allow others to talk you into doing something that you don't want to do or talk you out of things that are important to you.

What makes me happy?

Spend time engaging in activities that bring you joy and help you feel better about yourself.

How do I feel?

Listen to your emotions, there is a difference between being excited to do something and dreading it, this should help you decide what you are willing to spend your time on.



What is Emotional Wellness?

Emotional Wellness is having the ability to understand, accept and cope with our emotions. It helps us manage the challenges and changes in our lives. Maintaining our emotional wellness is essential to living happier and healthier. It is needed to cope with stress and build resiliency.

Below are ways to maintain our emotional wellness:

- Be compassionate with yourself. Give yourself credit for the good things you do every day.
- Forgive yourself and others, everyone makes mistakes.
- Surround yourself with those people that make you feel good. Our positive friendships and relationships have a powerful effect on our emotional and physical health.
- Get enough sleep.
- Practice mindfulness, meditation, or yoga.
- Reduce feelings of stress, try Progressive Muscle Relaxation. [Click here.](#)
- Go out and spend some time in nature.
- Practice saying positive affirmations daily: "I am resilient and can get through anything."
- Seek help. Contact EASE for support.

[Click here for an Emotional Wellness Checklist.](#)

<https://mcleancare.org/maintaining-emotional-wellness/>
<https://www.nih.gov/health-information/emotional-wellness-toolkit>
<https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries#the-lowdown>

The Season of Letting Go



TALK TO US

EASE has counselors available when you are ready.

(800) 882-1341