

## *Practises to Strengthen Your Emotional Wellness*

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Like a muscle, your emotional wellness gets stronger the more you exercise it.

Emotional wellbeing isn't about avoiding difficult feelings; it's about building daily practices that help you notice, regulate and respond to your emotions with awareness and care.

Small, intentional actions, repeated consistently, are what create lasting emotional strength over time.

The practices below are simple and effective ways to strengthen your emotional wellness. You may find that some resonate more than others depending on what you need right now, choose what feels supportive and appropriate for you.

You can also turn the practices below into daily habits using the [We Are Strength Habit Tracker](#), an electronic tool to personalise your wellness routine and track your emotional wellbeing over time, try it free for 30 days.

Practices to help you strengthen and sustain your emotional health:

- **Pause and breathe:** Even two minutes of stillness, quietness and focussing on your breath can reset your emotional state, especially if you're feeling tense.
- **Name your feelings:** Saying '*I feel overwhelmed*' or '*I feel jealous*' brings clarity and choice. When you name it, you can tame it.
- **Seek connection:** Share openly with someone you trust. Don't carry the load alone.
- **Restorative Rest:** Plan moments of genuine rest, not just sleep, but quiet time without 'doing', this will allow your emotional energy to replenish.
- **Gratitude listing:** Write down three things you're grateful for every night before you go to bed, focus on ordinary moments too like a smile from a stranger or a person opening a door for you.
- **Intentional Nature Reset:** Spend at least 10 minutes outdoors and intentionally pay attention to colours, textures, scent and sounds around you to ground your nervous system.
- **Affirm your worth:** Start your day by speaking life and wellness over yourself: '*I am worthy. I am enough. I am here for a purpose*'. Each repetition builds a deeper sense of self-worth.
- **Acts of Kindness:** Do one small, deliberate act of kindness each day; give a compliment, help a neighbour or give a treat to someone who needs it. Helping others enhances your mood
- **Perspective Shifting:** When you face a difficulty, ask yourself: what is this teaching me? or how will I view this in a year? Shifting your perspective on challenging situations can help build resilience and emotional flexibility.

- **Use the Three Rs in relationships:** When a relationship feels heavy, ask yourself: *Do I need to Release, Regulate, or Reframe?* Practicing this framework keeps your emotional energy safe.

## *Final Thought*

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These practices aren't one-time fixes; they're daily habits. Each small practice builds resilience, self-awareness and emotional wellbeing, helping you show up as your best, emotionally well self.

Why not turn some of these practices into simple, repeatable daily habits using the **We Are Strength Habit Tracker**?

Choose the practices that resonate most with you, or create your own, and build a personalised wellness routine. Track your progress and gently strengthen consistency through clear, visual insights that support your wellbeing journey.

The **We Are Strength Habit Tracker** is free for a limited time. Sign up [here](#) for instant access and start strengthening your emotional wellbeing, one habit at a time.