

# Lesson 4: Emotional wellness and well-being

Awareness of your emotions and stress shapes how they impact your way forward

**Read through and think about each of the following:**

- What is emotional wellness and well-being?  
<https://www.psychologytoday.com/us/blog/the-empowerment-diary/201910/what-is-emotional-wellness>
  - Examples: able to manage your emotion, cope with change and situations, self-esteem, manage failure, handle negative thoughts
- Strengthen emotional wellness and well-being
  - Emotional Wellness Toolkit  
<https://www.nih.gov/health-information/emotional-wellness-toolkit>
  - Your Mental Health in College | How to College | Crash Course  
[https://www.youtube.com/watch?v=l\\_9PchV6Plc&t=3s](https://www.youtube.com/watch?v=l_9PchV6Plc&t=3s)

## ***Of special interest: Let's deep dive into STRESS and ANXIETY!!***

- Stress and anxiety  
<https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
- Stress in College Students: What to Know  
Strong social connections and positive habits can help ease high levels of stress among college-age adults.  
<https://www.usnews.com/education/best-colleges/articles/stress-in-college-students-what-to-know>
- How to Reduce Stress in College  
<https://www.verywellmind.com/college-life-how-to-reduce-stress-3145176>
- Understanding the stress response: Chronic activation of this survival mechanism impairs health  
<https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>