Week One: Emotional Wellness

Emotional Wellness is the ability to understand ourselves and cope with the challenges life can bring. The ability to acknowledge and share feelings of anger, fear, sadness or stress; hope, love, joy and happiness in a productive manner contributes to our emotional wellness. (Learn more at the [Wellness Center](#))

This week we will explore just a few of the ways you can engage with and build on your own emotional wellness. Although the article and guided mediation are optional components of this week’s challenge, they are useful in helping to expand our understanding of the many ways people engage with emotion. I encourage everyone to take a look and give their feedback.

1. *(Optional, but recommended)* Read the article “[Man, weeping](#)” by Sandra Newman.
2. *(Optional, but recommended)* Set aside at least 10 minutes to destress with a guided meditation ([Healing Spirit: Guided Meditation for Relaxation, Anxiety and Depression](#)).
3. **Gratitude Challenge:** Every morning and/or every evening write down five things you are grateful for. This forces us to pay attention to the good things in life we’d otherwise take for granted, and adds perspective to the not-so-good things in life.
4. Post as many of your “gratitudes” as you’d like. Remember to tag us so we can count your entries!
   
   **Facebook:** Vanderbilt Recreation and Wellness Center
   
   **Twitter:** @VandyRec

Each tag is an entry for **This week’s prize:** A free 30 minute massage of your choice from [Vanderbilt Massage Therapy](#)