



Wellness Wednesday

Weekly health & wellness tips for Grand County.

Don't Worry & Be Happy

Emotional energy is the energy we source from our emotions - and it has a direct impact on our wellbeing. Neuro-researchers are now understanding that the emotional brain is considered to have executive power in the brain. **Emotional exhaustion** is a state of feeling emotionally worn out and drained - and is one of the signs of burnout. Experiencing some daily stress and anxiety is normal, but over time, chronic stress can take a toll on the body. Emotional exhaustion is caused by a long period of constant life stress, whether from personal stress at home or stress related to work.



Researcher Barbara Frederickson described the upward and downward spiral effect of emotion. An upward spiral correlates with expansion and feelings such as joy and happiness. A downward spiral correlates with contraction and feelings such as resentment and fear.

How to boost emotional energy...

- Solve unresolved issues - take action.
- Spend more time with people who boost your emotions.
- Understand what drives your guilt, and establish rituals to help manage those triggers.
- Refrain from dwelling on the past.
- Don't worry about the future - acknowledge your concerns and emotions, and then let them go.

What drains your emotional energy?

- Excessive worrying
- Negativity
- Guilt
- Indecision
- Overcommitting/overwhelm
- Lack of healthy boundaries
- Negative rumination

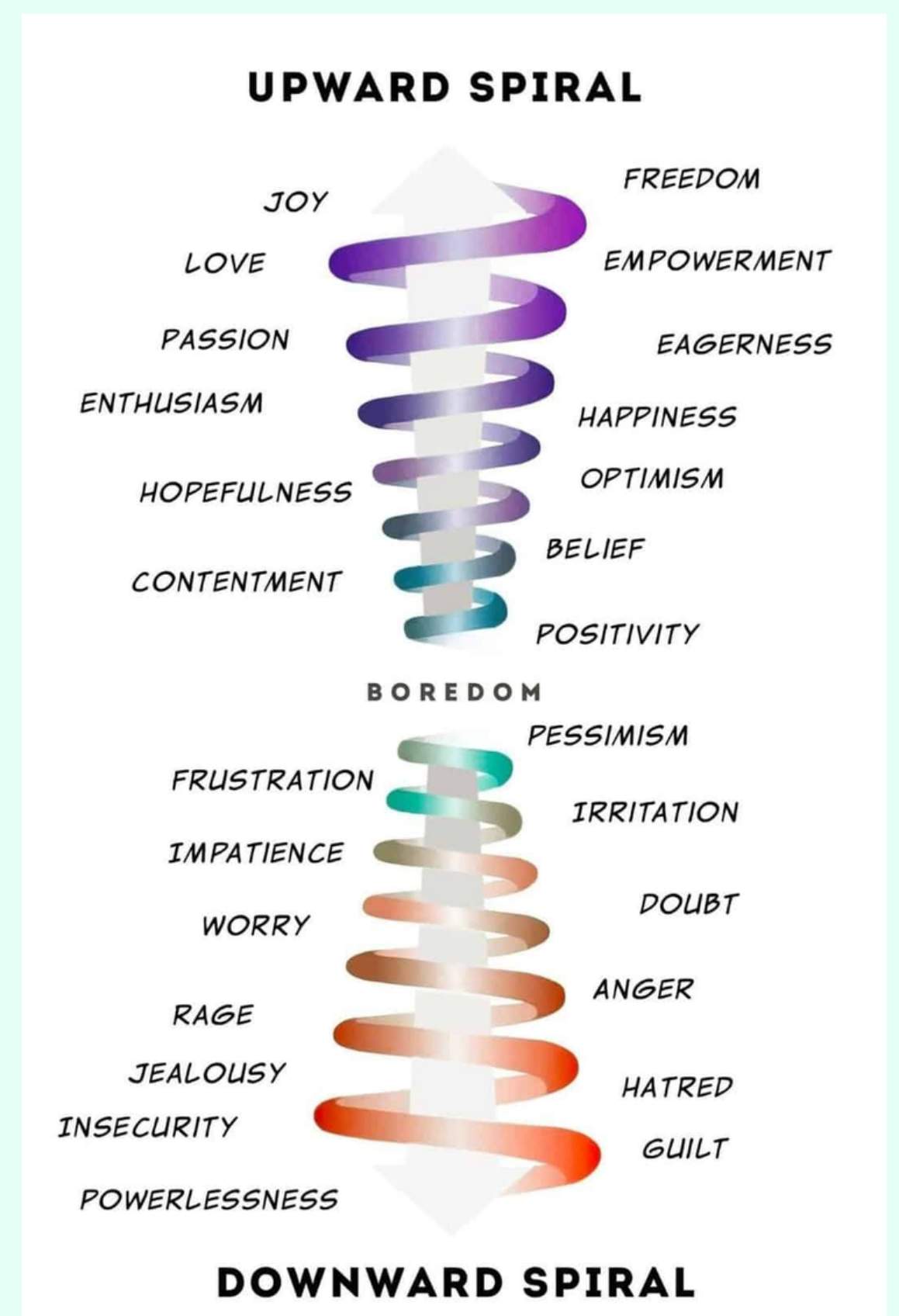


Image from How to Manage Your Emotional Energy for Mental Well-Being by Yurika Vu

Emotion:
Energy in Motion