Emotional Wellness for Overscheduled Families

Why should we make time for this?
Emotional wellness dictates a person’s outlook of life and reflects overall satisfaction and happiness. Tight schedules can lead to negative thoughts and feelings. Commit to being a positive family by valuing your emotional health. Make emotional wellness a priority by following the tips below to become a more content person.

How can I improve emotional health with little time?

Talk About Feelings
- From time to time, we all have strong feelings that bubble up. Don’t ignore them. Take the time to share them with someone. Talking about feelings puts them out in the open and prevents rumination. Journal if you feel you can’t tell someone. Schedule a time to see a professional licensed counselor to work through situations and emotions that are troublesome.

Take Short Breaks
- Although deadlines exist, that doesn’t mean all work has to be completed at once. If you are at a desk job, go for short walks, especially outdoors, to take in fresh air and connect with people. Drink plenty of water. If you have a meeting with one other person, walk and talk rather than meeting over a table or email. Taking breaks allows you to focus better after “stepping away” for a bit and helps improve efficiency. If you do physical labor, take rest breaks and stay hydrated to remain alert throughout the day. Connect with co-workers regularly to assist one another when possible. Helping others also can improve your emotional health.

Change the Scenery
- Get out of a “rut” and try something new by mixing up the same old routine. Instead of eating at your desk or in front of the TV, eat outside or in a different lunchroom to learn more about your co-workers. Walk the kids to school. Vary your route to work. See something new; it adds much-needed variety to life.

Make Time for Yourself
- In an overscheduled life, making time for yourself may be difficult. But it is a must when seeking emotional balance. Take at least a few minutes each day to do something you love. Make your hobbies part of your daily routine.

Say No
- Say “no” when you need to without feeling guilty. We can’t do everything everyone asks of us. Know your own limits and reduce stress levels by prioritizing and refusing unnecessary additions to your already overscheduled life. Recognize that saying “no” to others gives you the chance to say “yes” to family time and helps you recharge.

Family Conversation Starters
- With whom do you share your feelings? Name some reasons that help you trust that person.
- How will you incorporate time for yourself and your hobbies? When would you like to have “me” time?
- Name two things you can do to get out of a “rut” and mix up your routine.
Family Activity

Turn It Upside Down

When you think of a negative thought, consider how you might turn it to the positive side. Practice with your family by having one person state a negative comment or thought. Next, take turns offering that person a positive perspective on each situation. Challenge yourselves to identify as many positive perspectives as possible.

Family Action Plan for Emotional Wellness

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Who will do each task and by what date? How will we know if we are successful?

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