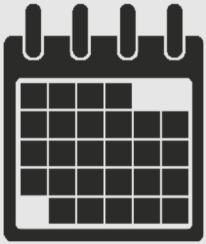


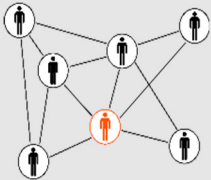
MENTAL HEALTH MOMENT

EMOTIONAL HYGIENE

Emotional hygiene is as important as physical hygiene. Most people are taught the basics of physical hygiene such as brushing teeth, bathing, grooming, etc. But emotional hygiene is often neglected or ignored. As a result, we must learn these skills as adults & develop new patterns. Here are some basic skills:



Self Care Routines Do you brush your teeth daily? Shower daily? Imagine if you did not do these basic hygiene routines? What would you look like? Emotional hygiene works the same. Try daily meditation, connecting with your spirituality, a digital detox from devices, mentally transitioning from work to home with music. What about monthly or yearly routines? Do you have planned vacations, staycations, or brief vacations? Practice emotional hygiene skills until they become a routine in our lives. When skills become routine, they become healthy habits.



Support System We know tending to our physical hygiene it is helpful to have people in our life who shaped and modeled proper physical hygiene. With emotional hygiene, ask yourself, "Who in my life supports my emotional hygiene? What activities in my life support my mental well-being? Are there toxic relationships I need to end or limit?" The key is to identify & develop positive support for your emotional well-being. Having a support system boosts motivation & creates accountability.



Peer Support Effective emotional hygiene involves seeking *peer support*. What is a peer? A peer could be a co-worker or someone who has a similar career. It could be a person who shares the same role as you or a person who has experienced a similar major life event. You also trust this person. Sharing personal struggles with a trusted peer is an opportunity to receive understanding by someone who "has walked in your shoes" and could understand the emotional pressures of being a in your job or life situation.



Mindful Exercise Emotional hygiene includes physical exercise. We carry our stress physically and must release it through exercise. However, to make exercise emotional hygiene it must be *mindful exercise*. How do we make exercise mindful? Walk for a half hour each day *while focusing on the moment* by counting your steps, deep breathing or describing your surroundings. Get in the moment. Join a yoga class which helps teach exercise with an emotional hygiene focus. Simply breathe in slowly and exhale slowly. Start small until mindful exercise becomes routine.

Struggling making emotional hygiene a consistent part of your life?
You are not alone. Few people are taught these skills.
Professional counseling can help. Set an appointment today!



Professional counseling is provided by your **Employee Assistance Program**
To schedule **private & confidential** counseling sessions:



1 800 342 5653



www.bowencenter.org