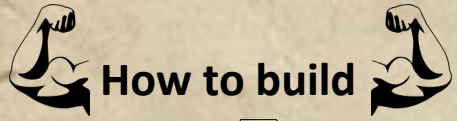


**Emotional wellness:** Identifying, expressing and navigating the entire range of feelings; having self-awareness and the ability to cope with challenges; and embracing not only our own emotions and feelings, but also the feelings and emotions of others.

[youlivewell.coastal.edu](http://youlivewell.coastal.edu)



How to build

## EMOTIONAL RESILIENCY

**Prioritize health and self-care**

**Acknowledge your emotions**

**Shift your focus to something positive**


**Build social connections**

**Set accomplishable goals**

**Accept that change is a part of living**

**The Secret of Solitude**

Want more resources on emotional wellness and adjusting to college life?  
**CLICK HERE!**



part of being lonely, isn't being alone. We like to think that loneliness is associated with isolation, and well-connected people are well, connected. But, that isn't always the case.

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