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.

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

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