

# A-Z of Emotional Well-Being



# Anxiety

*Symptom or Condition*



## Definition

- Overwhelming fear or dread
- Can be experienced as tension, sweating, increased pulse rate
- Self-doubt about how to cope

## What Your Emotional Well-Being Expert Says

"Surveys indicate that **1 out of every 4** Indians suffers from some anxiety disorder. There seems to be something wrong with our inheritance of the tendency to worry from our ancestors — the tendency to be on a lookout for danger all the time. Not that worrying is all bad, but staying in the present seems to be just as, or more, important. This is where mindfulness can help."



# Burnout *Symptom*



## Definition

- Long-term physical and emotional exhaustion
- Caused by excessive and prolonged stress
- Lack of motivation, disinterest and frustration

## What Your Emotional Well-Being Expert Says

"If one is in a place where they feel like they can't do this anymore, it is most likely that they are experiencing burnout. Often, when someone has reached this point, it's because there is too much on their plate. So one of the first things they can do is to assess their life responsibilities and see if there is anything that can be changed and if needed, consult an expert."



# Caregiving *Technique*



## Definition

- Providing direct care for children, people who are ill physically or differently-abled persons, or the elderly
- In a professional setting, caregivers can include the attending physician, nurses, nursing aides, and physiotherapists

## What Your Emotional Well-Being Expert Says

"Caregivers are tasked with the important duty of providing support and encouragement for the patients as well as themselves. Communication is key in the relationship between a caregiver and a patient. It is important to both openly share feelings and remain empathetic to the situation."



# Digital Detox

*Technique or Concept*



## Definition

- A period of time when a person refrains from using technological devices like smartphones, televisions, computers, tablets and social media
- Often seen as a way to focus on real-life social interactions without distractions
- Can reduce the stress associated with constantly staying connected or "on"

## What Your Emotional Well-Being Expert Says

"While technology addiction is not formally recognised as a disorder in the DSM-5, many experts believe that tech and device overuse represents a very real behavioural addiction that can lead to physical, psychological, and social problems. Practising digital detox periodically can help one establish boundaries and strike a balance between the reel and the real world."



# Empathy

*Emotion or Technique or Skill*

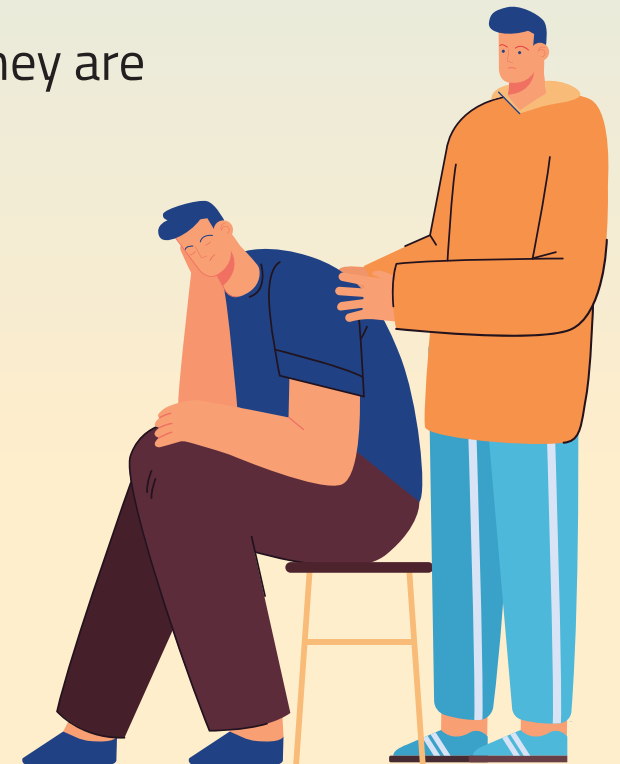


## Definition

- Understanding a person from their frame of reference so one knows where they are coming from
- Being aware of, sensitive to, and vicariously experiencing the thoughts, feelings or experiences of another from the past or present
- Does not imply motivation to assist a person but awareness of what they are feeling, and why they are experiencing it

## What Your Emotional Well-Being Expert Says

"Empathy begins when you set the intention of listening for emotion. Make an effort to notice the signals people are giving, that can indicate what they are feeling."



# Fitness *Skill*



## Definition

- The quality or state of being fit
- Physical fitness is a set of attributes that people have or achieve that relates to the ability to perform physical activity
- It includes cardiovascular functioning, muscle strength, flexibility and endurance
- Emotional fitness includes being resilient, positive and focused
- It involves changing a person's mindset from angry, anxious or sad to focus on constructive emotions and tasks

## What Your Emotional Well-Being Expert Says

"Mental fitness is just as important as physical fitness, and shouldn't be neglected. Including mental dexterity exercises into your daily routine can help you reap the benefits of a sharper mind and a healthier body for years to come."



# Gratitude *Emotion*



## Definition

- State of being grateful
- Sense of thankfulness and happiness in response to a tangible benefit (like a gift) or a fortunate happening like catching a rainbow after rain
- Also refers to an attitude of choosing to focus one's time and attention on what they appreciate and not taking it for granted

## What Your Emotional Well-Being Expert Says

"In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity, and build strong relationships."



# Happiness *Emotion*



## Definition

- Characterised by feelings of joy, satisfaction, contentment and fulfillment
- Involves positive emotions and life satisfaction for an individual's current situation or how they feel overall
- Referred to as 'subjective well-being' by psychologists, focusing on an individual's overall personal feelings about their life in the present

## What Your Emotional Well-Being Expert Says

"A lot of us work hard in the pursuit of happiness. We think that being successful and doing really well in our job can make us happy. However positive psychology suggests that the opposite might be true. If you are happy you are more likely to do a better job and be successful and productive."



# Imposter Syndrome

*Concept or Symptom or Condition*



## Definition

- Psychological state characterised by persistent doubt in one's abilities or accomplishments
- Also refers to an internal experience of believing that you are not as competent as others believe you to be
- Can affect anyone irrespective of social status, work background, skill level or degree of expertise

## What Your Emotional Well-Being Expert Says

"Imposter syndrome can look a lot like being in a trance, where one makes sure to stay within the rules and expectations they put on themselves, limiting them from trying new things. It can masquerade as burnout, and definitely leads to it, making it hard to express what one is feeling, because at its core it says, 'I am unworthy' or, 'I do not fit in'. It often morphs into personal pressure to be the expert, and if one doesn't know what to do, they feel like they've failed."



# Judgmental *Emotion*



## Definition

- Tendency to judge a person or situation harshly
- In counselling and psychotherapy, the opposite approach is taken - the non-judgmental approach
- The non-judgmental approach is a demonstration of an unbiased, non-critical outlook on the part of the counsellor or therapist

## What Your Emotional Well-Being Expert Says

"In all cases, the goal of therapy and counselling is to provide a non-judgmental environment that allows the client and therapy provider to work together towards a mutually agreed upon set of goals."



# Kindness *Emotion*



## Definition

- Quality or state of being kind
- A benevolent and helpful action intentionally directed towards another being
- Motivated by the desire to help another, not to gain an explicit reward or to avoid explicit punishment

## What Your Emotional Well-Being Expert Says

"Note that therapy is not about being a 'nice' person, it's about being an authentic person who knows their boundaries. Sometimes that means being kind. Other times, that means telling someone a very firm no, so we can be kind to ourselves."



# Leisure *Condition*



## Definition

- Freedom provided by stopping work or duties
- A lifestyle in which free time (or leisure time) forms a large part of the daily routine
- Leisure activities can include hobbies, recreation or any other pastime of one's choosing

## What Your Emotional Well-Being Expert Says

"With the pursuit of leisure, there is just one thing that you'll be focusing on — YOUR well-being. And for that reason, it is worth your time and energy. Let go of the guilt you may feel when you engage in something leisurely, your well-being will help you be more productive where it really matters."



# Mindfulness *Technique*



## Definition

- Quality or state of being mindful, opposite of absent-mindedness or "not being present"
- Being completely aware of where one is and what they're doing without being overly reactive or overwhelmed by what is going on around them
- Practice of heightened, non-judgmental awareness of one's thoughts, emotions or experiences in the present moment

## What Your Emotional Well-Being Expert Says

"By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past and are better able to form deep connections with others. It promotes positive changes in both physical and mental health."



# Nutrition *Technique*



## Definition

- The act or process of nourishing oneself with healthy and balanced food substances at the appropriate time
- Vital for the proper functioning of the body and mind
- Nutritional disorders are any medically-based or psychological states that stem from poor nutrition
- Anorexia nervosa, bulimia and obesity are psychologically induced nutritional disorders

## What Your Emotional Well-Being Expert Says

"Take a little time to build a healthy relationship with food and incorporate superfoods to make your body and mind happy and healthy. As Hippocrates, the father of medicine, is reported to have said long ago - 'Let food be thy medicine.'"



# Optimism *Emotion*



## Definition

- Inclination to anticipate the best possible outcome in all actions and events
- The outlook that things occur for the best and that an individual's hopes or goals will eventually be satisfied

## What Your Emotional Well-Being Expert Says

"People often confuse hope with positivity and optimism. The difference is that being positive and optimistic might not always include setting goals and working towards them. Hope instils a positive mood about a goal or a future situation, which can influence how a person currently views themselves and their future, leading to behavioural changes."



# Perspective *Technique*



## Definition

- The capacity to view things in relation to oneself
- In psychological thinking, perspective is the way an individual chooses to see the world, those around them and themselves
- A series of beliefs based on which an individual makes choices, assesses and observes their life

## What Your Emotional Well-Being Expert Says

"Your perspective determines your thoughts, and your thoughts create a chain reaction that leads to taking actions that make you feel either good or bad about yourself and your life. In Cognitive Behavioural Therapy, this is called a 'behaviour loop' or 'maintaining process'. A thought creates feelings and bodily sensations such as muscle tension. These combine to dictate your behaviour, which then triggers another thought, and the cycle continues again."



# Resilience *Technique*



## Definition

- The ability to recover from misfortune or adjust to change
- A remarkable capacity to adapt to adverse situations and thoughts that are physically, mentally and emotionally taxing
- A learned ability - can be developed by anyone and everyone at any stage of their lives
- Extremely crucial for dealing with relentless demands, life-changing situations, events, behaviours and emotions

## What Your Emotional Well-Being Expert Says

"A common misconception is that resilient people are free from negative thoughts and are always optimistic in most situations. On the contrary, resilient individuals have, over time, developed proper coping techniques that allow them to effectively and efficiently navigate through crises."



# Self-Love

*Skill or Concept*



## Definition

- Regard and respect for one's own interest and contentment
- Empathetic understanding of flaws, and appreciation of the good within each of us
- Necessary for positive emotional growth
- Not to be confused with being vain or selfish

## What Your Emotional Well-Being Expert Says

"Self-love is about loving yourself without needing to make downward social comparisons, taking pride in your performance and your achievements, giving yourself the validation you need and recognizing that it's okay to feel uncertain and doubt yourself now and then."



## Definition

- A collaborative treatment technique, comprised of several approaches
- Based on the relationship between an individual and a psychologist
- A safe space for an individual to voice their concerns
- Assists an individual in reflecting, identifying, and working on issues that are affecting their emotional health

## What Your Emotional Well-Being Expert Says

"Counselling or therapy is intended to help you cope with the normal everyday challenges of living, working, relationships, etc. A lot of people use it when they feel overwhelmed with a problem or find that a particular problem seems to persist. Some people use it to improve or better themselves. Therapy is mostly centred around exploring what issues one experiences and why they do so, and then finding different techniques to address them."



## Definition

- An ability or skill to disconnect from everyday stresses
- Characterised by participation in activities that rejuvenate and relax the mind

## What Your Emotional Well-Being Expert Says

"Creating break rituals are our chance to embed brief moments of solace in our daily lives to help us decompress and clear our heads. They provide a needed chance to come up for air and counteract all the intensity our non-stop environments can bring. People who include break rituals in their routines know we are not machines—and a little TLC can go a long way towards sustaining ourselves through long days and checklists."



# Valued *Emotion*



## Definition

- A measure of feeling cared for
- Can be shown in terms of appreciation or gratitude
- A factor that has direct impact on one's self-worth

## What Your Emotional Well-Being Expert Says

"When someone offers appreciation for something we do, it reminds us that what we're doing is meaningful. Hearing that we've affected somebody in some small way adds meaning to our lives. Human beings are driven by purpose. We flourish when we live with a sense of meaning and purpose. We may flounder or get depressed when we lack meaning."



# Well-Being *Concept*



## Definition

- A holistic experience of physical, mental and emotional balance and connectedness with oneself
- Includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress

## What Your Emotional Well-Being Expert Says

"Well-being is such a broad experience, that it can be understood as the sum total of one's emotional, physical, workplace, social and societal well-being. In this societal well-being is different from social well-being in the sense that it is more about one's engagement in a community. To build one's overall well-being, they have to make sure all of these aspects have to be functioning to an extent."



## Definition

- Teenage years - from the ages 13 to 19
- Early period of existence in one's life, between childhood and maturity
- A transitioning experience, marked by growth & development
- Term also used to denote young people

## What Your Emotional Well-Being Expert Says

"Youth is often a turbulent time for many individuals marked by bodily changes, uncertainty, and anguish. This is a time when an individual is coming into their own and can often struggle with various issues such as self-esteem. It is also a time when one's internal values can come in clash with the constructed, social ones."



## Definition

- A mental state of calm
- Allows one to mindfully engage with their surroundings without getting affected by them
- Using your own conscience to act more rationally, intelligently, and creatively

## What Your Emotional Well-Being Expert Says

"Being zen shouldn't have to be confused with the images of a mystical guru figure, cruising around, dispensing wisdom, and magically enlightening people. For the most part, it's not something other people will notice. It's just a place you come from in your own consciousness, that enables you to act more rationally, intelligently, and creatively. Others will experience the benefits of your Zen presence, although to them it will seem like normal, natural, mature — and successful — behaviour."



