What Is Emotional Wellness?





Being conscious of your feelings



Being capable of accepting all emotions as valid expressions of your life experiences



Being free to express the full range of human emotions without fear or shame



Being aware of your limits and able to assertively set boundaries to protect your emotions



Being able to handle challenges, stressors and irritants without breaking down



Being capable of maintaining a positive view of yourself and the world even in difficult times



Emotional Wellness The Other Half Of Treating Cancer

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