

A Life in Balance: Emotional Health

What is it?

Being emotionally healthy means feeling the full range of human emotions and expressing them appropriately.

Self-awareness is the first step. Recognizing and honoring your own feelings and those of others – stress, contentment, anger, love, sadness, joy, resentment – will help you live life abundantly.

Recommended Readings

Scarred by Struggle, Transformed by Hope by Joan D. Chittister

A Cry of Absence; Reflections for the Winter of the Heart by Martin E. Marty

Learning to Walk in the Dark by Barbara Brown Taylor

The Happiness Project by Gretchen Rubin – Lessons from popular culture about how to be happier.

Kid President's Guide to Being Awesome by Robby Novak - 11-year-old Kid President is here with the Guide to Being awesome to spread the love and inspire the world to be more awesome!

Daring Greatly by Brené Brown - Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable or to dare greatly.

What's So Amazing About Grace by Philip Yancey – Challenging us to become living answers to a world that wants the answer.

No More Faking Fine by Esther Fleece - Ending the pretending with the permission to lament and give voice to your hurt.

10% Happier by Dan Harris – This is a book on meditation and the power to calm us

Websites, Blogs & Social Media

BringChange2Mind is an organization that exists to end the stigma that surrounds mental illness through public education and awareness. Available online at www.bringchange2mind.org and on Facebook, Twitter, Instagram and YouTube.

Mindful is dedicated to inspiring, guiding and connecting people to mindfulness – to enjoy better health, more caring relationships and community. Available in print, on Facebook, Instagram, Twitter and online at www.mindful.org

MindBodyGreen is a conversation about health. It will give you tips, tools and ideas to make your life better and inspire you to keep doing awesome things! www.mindbodygreen.com They can also be found on Facebook, Twitter, and Pinterest.

Meditation and Stress reduction for military. A great resource with meditation tips and tools for combat, active duty, before deployment, etc. www.realwarriors.net

The Hilarious World of Depression Podcast (WARNING LABEL!) This is a candid, open podcast that uses comedians to reduce the stigma associated with depression. <https://www.apmpodcasts.org/thwod/>

Quotes & Bible Verses

“I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well.”

Psalm 139:14

“We can’t direct the wind but we can adjust the sails.”

– Thomas S. Monson

“The reason many are still troubled, still seeking, still making little forward progress is because they haven’t yet come to the end of themselves. We’re still trying to give orders, and interfering with God’s work within us.”

– A.W. Tozer

“Out of your vulnerabilities will come your strength.”

– Sigmund Freud

“Act justly, Love mercy, Walk humbly with God”

Micah 6:8

“When it rains look for rainbows. When it’s dark look for stars.”

– Unknown

“I am not what happened to me. I am what I choose to become.”

– Carl Jung

“It’s o.k. to not be o.k.”

– Unknown

“God’s plans for you far exceed the circumstances of your day.”

– Louis Giglio

“We cannot start over, but we can begin now and make a new ending.”

– Zig Ziglar

“We don’t see things as they are. We see things as we are.”

– Rafiki from the Lion King