

The Importance of Emotional Wellbeing

What is emotional wellbeing?

Emotional wellbeing is about feeling happy and positive about ourselves; being able to cope with change and being able to handle challenges when they arise.

Why is it important?

Emotional wellbeing is important for us because when we feel happier, and more positive about ourselves, we are more likely to be able to navigate challenges that occur in our lives. This ability to face challenges and look on the positive side of things can really help us to deal with more difficult issues, particularly as we get older.

It's also recognised that the way we feel can affect our physical health. When we feel happy, our bodies produce chemicals that can help our immune system. On the other hand, when we feel stressed or under pressure, it can impact our physical health negatively, causing headaches, sore stomachs and trouble sleeping. Emotional wellbeing therefore affects our overall wellbeing.

Emotional wellbeing can have an impact on learning, too. When we are worried or not feeling well emotionally, we can be preoccupied and distracted, leading to poor concentration in school. Having good emotional wellbeing makes it easier for us to pay attention in school and have a better learning experience.

How do we take care of our emotional wellbeing?

We can all sometimes find it difficult to recognise and express how we're feeling. This can be especially true for children. It's important that you have support and encouragement to talk about and share your feelings, especially any negative feelings. A parent or adult we trust can be a great person to talk to.

You can learn and practice skills for coping with change and challenges. When you are faced with difficult situations, it's important to acknowledge your feelings and try to see things in a way that is positive and productive. Equipping yourself with ways of dealing with challenges and changes will help to support the development of good emotional wellbeing for the future.

Check out
[layasupertroopers.ie](https://www.layasupertroopers.ie)
for more tips and
wellbeing activities.

