



Love, Emotion & Mental well-being



As we celebrate this year's Valentine's day, work and love are two major domains of our lives from which most people get satisfaction and find meaning. At the same time, these can act as common stressors to our mental and emotional well-being. According to research, if we do not take care of ourselves; emotionally and mentally, frustration, tension, anger, and poor health can develop. Even when you know how important it is to take good care of your emotions it can still be a tall order. In today's busy world, it can be tough to find time for yourself as some people do not have the time to pamper or spoil themselves as a result of their busy schedule or financial reasons may feel guilty about loving, pampering or spoiling themselves from time to time while some may just ignore their feelings and stressors and hope they just go away. However, they usually do not just go away and at some point unaddressed emotional issues often result in serious consequences such as; relationship problems, depression or even harmful behavior.

Meanwhile, emotions are our feelings, literally we feel them in our bodies as tingles, hot spots and muscular tension. There are also cognitive aspects, but the physical sensation is what makes them really different. When your mind is frazzled, stressed and your emotions are taking over your thoughts, this affects your everyday activities such as work, it's time to take a step back, take a deep breath, and relax. Focusing on your physical health is crucial, but so is treating your mental and emotional health. This includes paying the same attention to your mind and spirit, because your happiness goes a long way in protecting your overall well-being.

Focusing on your emotional health isn't hard, but it may be an adjustment for you. Some simple and really enjoyable changes are all it takes to boost happiness and mental well-being.

Follow these few tips to strengthen your emotional and mental health

- **EXERCISE.**
It protects physical and emotional health, relieves stress, and makes you feel good about yourself as well.
- **MAKE TIME FOR LAZINESS**
You don't have to be constantly on the go, that's how you get run down. Spend a little time each day or each week doing something you enjoy that is completely frivolous. For example, watch TV or a silly movie, chat on the phone, play a game, or just listen to music. Take an evening stroll on the beach or simply having dinner at your favorite restaurant.
- **TREAT YOUR SENSES**
Do little things that make you happy and stimulate your senses, like lighting a scented candle, buying some fresh-cut flowers, indulging in a massage, or treating yourself to your favorite food or drink after a stressful day at work. Learn how to properly deal with stress, anger, and anxiety instead of keeping them bottled up inside.
- **BE HEALTHY INSIDE**
This means avoiding junk food and sticking to a healthy diet. You should also steer clear of smoking, drug use, and too much alcohol. Everyone gets cranky without enough sleep, so dedicate adequate sleep time every night or treat yourself to a nap every now and then.
- **ADOPT AN ANIMAL**
Pets offer fun, relaxation, and a whole lot of love. They can encourage you to exercise, and tear your attention away from stressful activities at work. The bottom line is pretty simple, take time for happiness. Allow yourself to enjoy life, fun, and relaxation. Be thankful for what you have and enjoy it!

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