

What is Emotional Wellbeing?

Emotional wellbeing means

- feeling connected,
- handling stress,
- learning and growing,
- and taking care of yourself each day.

It's something everyone can strengthen.

Why Emotional Wellbeing Matters

Through the Community Health Improvement Planning (CHIP) process, residents, healthcare providers, educators, and community partners identified behavioral health as a community priority.

As the CHIP workgroup explored the key influences on wellbeing, six common themes consistently emerged.

These themes became the 6 Pillars for Emotional Wellbeing, a framework that helps people of all ages strengthen skills, build resilience, and support their emotional wellbeing.

Special thank you to the local and national experts that participated in the 6 Pillars for Emotional Wellbeing videos.

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6 Pillars for Emotional Wellbeing

Wellbeing is built in everyday moments.

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What are the 6 Pillars?

The 6 Pillars represent six areas of everyday life that influence emotional wellbeing.

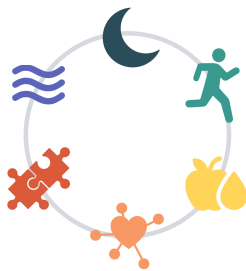
Each pillar is a starting place to reflect on strengths, identify opportunities for growth, and explore new skills to support wellbeing.

Building and practicing skills within these six areas can strengthen resilience and support emotional wellbeing over time.



For each pillar there is a video featuring local and national experts on the importance of each pillar and how it can impact emotional wellbeing in everyday life.

The 6 Pillars are connected and support each other.



Good sleep gives us energy to move. Movement, fueled by nutrition and hydration, helps improve our mood. When we feel good, it's easier to learn, try new things, and connect with others. And when things do get stressful, quieting our minds can bring us back to center, so we can be present with others.



Sleep

Rest & Recharge

Sleep is the foundation for mood, focus, learning, and emotional wellbeing.



Physical Activity

Move for Your Mood

Play and movement support mood, learning, stress relief, and overall wellbeing.



Nutrition & Hydration

Fuel to Thrive

Food and hydration fuel our bodies and minds, influencing energy, mood, and focus.



Relational Connectedness

Build Strong Bonds

Strong relationships help us feel supported, connected, and less alone.



Mastery

Learn & Grow

Learning new skills and pursuing interests can build confidence and resilience.



Quieting

Pause & Reset

Quieting helps us pause, reflect, and reset in a busy world.

It all lives at MyHealthyMind.com

All of the 6 Pillars videos and resources live on MyHealthyMind.com, our community's free wellbeing platform, powered by CredibleMind. Explore resources anonymously or create a free account to save resources and get personalized recommendations.

- Watch 6 Pillars videos
- Explore 10,000+ tools & articles
- Take a wellbeing check-in
- Find local resources & support

Popular Topics Include:

- Anxiety, stress, depression, and burnout
- Sleep, energy, and exercise & body movement
- Nutrition and self-care
- Friendships, social support, and romantic relationships
- Parenting, meaning & purpose, and emotional intelligence



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