

Emotional Literacy Mental Health

Overview

- What is emotional literacy?
- Emotional literacy and mental health
- What are the benefits of being emotionally literate?
- Developing emotional literacy
- Resources to support mental health and wellbeing
- Looking after yourself

What is emotional literacy?

“ Our ability to recognise, understand and appropriately express and handle our feelings and emotions but also includes an understanding and awareness of others feelings”

Emotional Literacy: 4 key areas

- **Self-awareness** – e.g. mental awareness, our own thoughts feelings and life, physical awareness of the impacts on our bodies and emotional awareness.
- **Self-management** – e.g. motivation skills, planning, self appreciation, emotional resilience & relaxation skills
- **Awareness of others** – e.g. understanding body language, empathy, trying to better understand how others see themselves and their situation
- **Relationship Management** – e.g. communication, listening skills, negotiation skills, sharing and having fun

What can the impact be on mental health and wellbeing if we do not manage our emotions effectively?

- Stressed
- Anxious
- Depression
- Irrational
- Negative thought patterns
- Less tolerant
- Risk taking behaviours
- Distracted
- Lack concentration
- Can't deal with the day to day ups and downs
- Overwhelmed
- Less tolerant
- Get into arguments/fights

What are the benefits of being emotionally literate?

- Good communication skills
- Motivated
- Not perfect
- Balanced
- Curious
- Embrace change
- Stress tolerant
- Good role model
- Good at forming relationships
- More sensitive and understanding to other people
- Optimistic

How can we develop emotional literacy?

- Accept that it is ok and healthy to feel ups and downs
- Don't block your emotions out, accept them and deal with them
- Make talking about feelings part of everyday life
- Acknowledge your emotional triggers
- Understand what motivates you

- Encourage optimistic thinking
- Set realistic goals
- Avoid telling people how they should feel. Instead try to acknowledge their feelings
- Show sensitivity and understand others perspectives
- Find ways to relax
- Use humour and play to relieve stress

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....