

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 of 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.....