

# Emotional Health

**Emotional health is a state of enhanced well being created through highly conscious choices and mindful practices.**

It is characterised by a person's ability to make constructive and respectful decisions and choices in every situation they find themselves in and take personal responsibility for the way in which they relate to and engage with others and the world around them.

Emotionally healthy people are conscious of themselves – their thoughts, their emotions and their behaviours and the impact they have on others. They are able to recognise and overcome the various influences and constraints that they experience (either from others or themselves) through the choices they make and the practices they use.

They integrate all three centres of intelligence (body, heart and head) and with that, have a range of behavioural freedom that enables them to be:

- empowering and courageous
- inclusive and balanced in their relationships and life
- with integrity as well as effecting idealism in all they do
- deeply caring with genuine connection
- achieving and adaptable
- creative and authentic
- wise and able to readily synthesize what they experience
- considered and enabling ongoing continuity and stability, and
- visionary and seeing potential in all situations.

Increasing emotional health reflects the ability to “vertically” develop, that is to “internally improve”. As people increase their emotional health, they are better able to see other perspectives of the world they live in; they start to understand the assumptions that their own worldview is built on.

As they do this, they better appreciate that the coping strategies and defense mechanisms they have been using are not serving them well and are holding back their personal growth.

More and more they have the “inner observer” activated: they appraise their own behaviours and responses, identifying areas of behaviour that could be improved and consciously planning to make these improvements. Sometimes this can almost feel “counterintuitive” yet they manage the ambiguity of the situation and choose new ways of engaging.

This is very different to the more common “horizontal” approach to relating and engaging, which is about building skills and competencies.

Emotional Intelligence is all about recognizing and managing emotions in ourselves and others. It is a critical and inter-related “subset” of emotional health - along with body intelligence, mental intelligence, social intelligence and spiritual intelligence. Emotional intelligence brings significant insight, understanding and competencies that enable more effective, engaging and fulfilling relationships.