

Emotional Health	Mental Health
Deals with “matters of the heart”	Deals with “matters of the head”
Ability to cope with and regulate emotions	The brain’s overall function
Ability to cope with both positive and negative emotions	Thoughts and perceptions
Being aware of one’s emotions	Ability to think clearly
Identifying a variety of feelings	Decision making
Emotional state	Thinking
Expressing one’s emotions	Mental state
Includes stress and anxiety	Behaviors relating to the mind or brain
Self-esteem	Illnesses that can be the result of trauma or chemical imbalance (Priory Private Healthcare)
Knowing oneself	Searching for new opportunities to learn
Seeing the positive in life	Engaging in hobbies
	Keeping up to date in current events
	Learning from mistakes
	Overall learning