

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