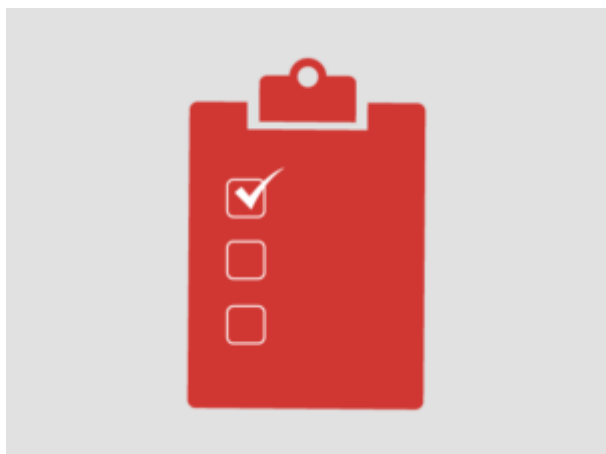


Emotional Wellness Checklist



Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving emotional health: