



EMOTIONAL HEALTH

Deals with 'matters of
the heart'

Ability to cope with and
regulate emotions

Ability to foster positive
relationships

Can be practised and
improved

VS



MENTAL HEALTH

Deals with 'matters of
the head'

Ability to think clearly

Can be the result of trauma
or chemical imbalances

Can be treated with
medication and/or therapy

Mental Health Tips Vs

Kelly J Bawden MS LMFT



Mental Health Tips Vs:

Mental Health Tips Kelly J Bawden MS LMFT, 2016-01-25 Mental Health Tips is a book full of tools and strategies to help you improve your life Using healthy coping tools can mean the difference between a stressful drama filled life and a life of joy and gratitude When our mental health is off balance other areas of our life can also become off balance without us even realizing it This book will give you tools to Decrease stress and anger Stop emotional eating Stop emotional spending Stop self destructive behavior patterns Change your negative thinking patterns Understand grief and loss Improve your communication Understand and regulate your emotions Have healthier relationships with yourself and others Get in charge of your life Mental Health Tips is a fast paced book full of tools to improve your life The stories are personal stories from Kelly about overcoming her own battle after her son passed away from a fatal car accident as well as stories of other people that use these tips to overcome their struggles When your mental health improves your overall life will improve **127**

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