



Emotional Wellbeing at PSU



What is Emotional Wellbeing?

Emotional Wellbeing encompasses how we cope in life, our ability to notice and acknowledge our feelings, and our understanding of ourselves and experiences.



Get Support at PSU

- [SHAC: Counseling Services](#)
- [Thriving Campus](#)
- [Portland State University Community Counseling Clinic](#)
- [SHAC: Health Promotion](#)
 - [Peer Recovery Support](#)
 - [Peer Wellbeing Coaching](#)
- [Portland State Connect](#)
 - *Also available on myPSU, in the 'Community' tab*
 - *A great place to look for student groups and community events*



Listen* to WHAT's Up?: A Wellness Podcast →

*Transcriptions available in the episode description

- ❖ [Smooth Sailing: Navigating Life Transitions](#)
- ❖ [Community Resiliency and Resources](#)
- ❖ [Demystifying Therapy](#)
- ❖ [Wellness and Safety Planning](#)
- ❖ [Self Compassion](#)

SCAN ME



Activities

- Practice pausing throughout the day and naming your emotions
- Track your moods throughout the day through the year. This gives you the opportunity to notice if there are any patterns appearing.
- Pause a moment to do a body scan. Reflect if you're missing any basic needs and how that's affecting you
 - Have you taken any deep breaths?
 - Do you need a drink of water?
 - When was the last time you ate?
 - Do you need to take a moment to rest or sleep?
 - Are you carrying tension in your body?
 - When was the last time you showered or bathed?