



**Emotional Health =
Emotional Intelligence
+ Emotional Resilience**

BUILD YOUR EMOTIONAL HEALTH TOOLBOX

Emotional Health is a person's ability to identify, process, and act upon feelings in specific circumstances and over the course of time



3 STRATEGIES FOR YOUR EMOTIONAL HEALTH TOOLBOX

- 1. Morning Routine:** Put your phone in another room at night. Spend the first 30 minutes of your day creating a routine you love. Spend time outside while you walk, journal, meditate, or pray before picking up your phone to start your day.
- 2. Feelings vs. Facts:** When our emotions overpower our logic, we might be experiencing amygdala hijack. Step away from the situation and clear your mind. Take out a sheet of paper and write Feelings on the left and Facts on the right. Don't edit what you write. Then, look at the page and notice what you experience.
- 3. Understand Your Human Needs:** Four human needs drive our emotional health: Stability, Belonging, Growth, Purpose. Which areas do you feel solid in? Which areas do you need to work on? Revisit this exercise regularly.

5 PILLARS OF EMOTIONAL HEALTH



PSYCHOLOGY

Knowing our own mind allows us to own our past and craft a vision of the person we want to become.



RELATIONSHIPS

Spending time with Growth Seekers allows us to expand what we believe is possible for ourselves.



NUTRITION

Optimized gut health pays dividends for emotional health, immunity, hormone balance, metabolic function, and more.



SLEEP

Our brains eliminate waste and process the days' events as we sleep, giving us more emotional resilience and long term health.



MOVEMENT

Motion dictates emotion. Move your body, breathe deeply, and spend time outside.



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WANT TO END BURNOUT AND BUILD THE QUALITY OF LIFE YOU TRULY WANT?

Here's how Dr. K can help:

	Entrepreneur Emotional Support Program	Emotional Health Mastery	Emotionally Healthy Company
Format:	Group mentorship for you	Individualized mentorship for you	Individualized mentorship for you, workshops for your team
Accountability and Action Items to foster growth	Yes - Group of Business Owners	Yes - Individualized	Yes - Individualized
Access to all Emotional Health courses and community live streams	Yes	Yes	Yes (for team members as well)
Direct Access to Dr. K		Yes	Yes - for business owner and leadership team
Time Investment	Weekly group call	25 bi-weekly sessions (1 year)	Customized
Financial Investment	\$97/week	\$975/mo	Customized

Schedule a complementary 30-minute strategy session with Dr. K to discuss your needs and what might be the best route for you.

SCAN THE QR CODE OR VISIT
<https://www.drkarthikramanan.com/>

