Double spaced

Size 12 font

Name and mods in the header

Write an essay at least one and a half pages in length on what you believe to “emotional health” to be.

Include:

Do you think you are emotionally healthy?

Do you feel you need to work on improving your emotional health?

Do you know anyone that you think is emotionally unhealthy? What makes you preserve them this way?

How do you usually resolve conflicts with others (physically, yelling, talking it out, talking behind their back,etc.)

Do you think your emotional health can influence your physical health? Why/why not?