



# You are here

## Take control of your emotional health

### “How are you doing?”

It’s a standard greeting. And you might offer a quick “Fine, thanks,” in response. But when you know how you feel, you can improve your emotional health.

So how are you doing? MindCheck® online tools help you find the answer.

### Your emotional health contributes to your overall health

Part of being healthy involves taking care of your feelings. For example, positive thinking is linked to health benefits that include<sup>1</sup>:

- Faster recovery
- Better sleep
- Fewer colds
- Greater sense of happiness
- Longer lifespan<sup>2</sup>

We all have good days and bad days, good moments and bad ones. MindCheck online tools help you manage your emotional health and focus on the positive. And with practice, you can start feeling better overall.

### Find out where you stand

How do you feel? How do you want to feel? You can’t plan a route to where you want to go until you know where you are.

The MindCheck online tool asks you four simple questions so you can be aware of how you’re feeling. You’ll be matched to a color and level to provide insight into your emotional health.

And the MindCheck site tracks your history, so you can see how your results change over time.

<sup>1</sup>Lawson, Karen. [How do thoughts and emotions affect health](#). Taking Charge of your Health & Wellbeing. University of Minnesota. Accessed July 2016.

<sup>2</sup>Stibich, Mark. [How positive thinking can help you live longer](#). Very Well. Accessed July 2016



## Take care of your health

MindCheck online tools makes it easy to improve your emotional well-being. Measure your mindset and get immediate feedback and resources to maintain a positive outlook. You'll also find tips, articles and videos on a variety of topics that include:

- Relationships
- Depression
- Fitness and nutrition
- Stress
- Substance use and more

Now it's easy to take control of your emotional health. Simply go to [mindchecktoday.com](https://mindchecktoday.com) to get started.

Remember to check back often. The more you know about taking care of your emotional well-being, the healthier and happier you can be.

So the next time someone asks how you're doing, you can say "I'm doing well." And you'll mean it.



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