

Characteristics of an Emotionally Healthy Person

from "Reducing Stress through Creative Relaxation" by James, Joy Humphreys

These characteristics are neither absolute or static. We are not always happy, and sometimes find ourselves in situations where we are not overly confident. These may help us to conceptualize goals for our classrooms, however.

1. Emotionally healthy persons have achieved basic harmony within themselves and a workable relationship with others. They are able to function effectively, and usually happily, even though they are well aware of the limitations and rigors involved in human existence.

2. Emotionally healthy persons manage to adapt to the demands of environmental conditions with emotional responses that are appropriate in degree and kind to the stimuli and situations and that fall, generally, within the range of what is considered "normal", within the school and home environment.

3. Emotionally healthy persons face problems directly and seek realistic and plausible solutions to them. They try to free themselves from excessive and unreal anxieties, worries, and fears even though they are aware that there is much to be concerned with and much to be anxious about in our complex modern society.

4. Emotionally healthy persons have developed a guiding philosophy of life and have a set of values that are acceptable to themselves and that are generally in harmony with those values of society which are reasonable and conducive to human happiness.

5. Emotionally healthy persons accept themselves and are willing to deal with the world as it exists in reality. They accept what cannot be changed at a particular time and place, and they build and derive satisfaction within the framework of their own potentialities and those of the environment.

6. Emotionally healthy persons tend to be happy, and they tend to have enthusiasm for living. They do not focus their attention exclusively upon what they consider to be their inadequacies, weaknesses, and "bad" qualities. They view those around them in this way too.

7. Emotionally healthy persons have a variety of satisfying interests and maintain a balance between their work, routine responsibilities, and recreation. They find constructive and satisfying outlets for creative expression in the interests that they undertake.

