

Brooklyn Stock

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One's social and emotional well-being is critical for living a healthy and fulfilling life, hence, they are both very important. Social well-being describes and involves our relationships in our life and our connections with others, while emotional well-being refers to our ability to regulate our emotions and handle stress. These areas of well-being affect our mental and physical health, personal relationships, and overall happiness. When we have strong social connections and positive emotional regulation skills, we become more resilient and better equipped to the challenges life may present. We are also more likely to have healthier and more satisfying relationships, along with feeling a sense of purpose and meaning in our lives. These are all very beneficial effects that occur from having a social and emotional well-being, so it's important to prioritize our well-being by cultivating positive relationships, practicing healthy coping skills, seeking support from loved ones or professionals when needed, and engaging in activities that promote uplifting emotions. Overall, social and emotional well-being are essential components/factors of our overall health and wellness. It is extremely important to take care of these aspects of our lives just as much as we care for our physical health.

Throughout my life I have experienced the ups and downs of my social and emotional well-being, and they have led to my most regrettable moments, and my most memorable triumphs. I have struggled with my well-being in the past, and I am aware that there are others who have encountered low points in their well-being as well. These struggles lead to negative effects on mental and physical health, as well a decline in relationship satisfaction and quality of life. If it isn't clear already, our social and emotional well-being are essential to living life to the fullest, so we should always dedicate attention to this area of life.

The aspects of my social and emotional well-being that have helped me be successful include the relationships I've developed over the years, my ability to handle stress appropriately, and my ability to regulate negative emotions properly. Maintaining solid relationships has immensely impacted the person I am today, and all I have accomplished. I have gained countless relationships with family members, friends, teachers, coaches, bosses, peers, and the community, and they have been my support system and backbone as I've adventured through life. One example of this is when I faced the reality of losing my election for student government my senior year. The election results were announced on my birthday, and it turns out I was unsuccessful. I was very heartbroken because I wanted to win so badly, and I was also very embarrassed about losing. My family rallied together to take my mind off of the loss by making the rest of my seventeenth birthday very fun.. Along with the love shown by my family, my closest friends checked in on me to ensure I was remaining happy on my special day. My student government teacher also took extra steps to inform me that I still had an opportunity to be in the class regardless of the loss, and he helped me in my succession to vice presidency. Looking back, I couldn't be more grateful for that loss due to the support I received.

My growth in ability to handle stress has also been very beneficial to me and my accomplishments. During my first semester of senior year I took four AP classes, I was on the varsity hockey cheerleading team, I babysat, I managed my chores and responsibilities at home, and I maintained my relationships with friends and family. I had many stressors in my life at the time, and sometimes it was difficult to manage, but I got through it because I've previously obtained the skills on how to properly handle my stress. Some of the methods that I use for managing my stress include taking mental breaks from homework, taking care of my body and mind by getting good sleep, talking to others, and practicing deep breathing. These techniques

assisted me in finishing the semester with straight A's, completing the hockey cheer season strongly, earning money for gas, essentials, and college, meeting house rules and expectations, and remaining a reliable friend. If I hadn't learned these skills previous to this stressful and busy year, I don't think I would've achieved all that I have.

All in all, social and emotional well-being is critical and it needs to be discussed more often.