



# The Wellness Newsletter

THE OFFICIAL BULLETIN OF THE KNUST WELLNESS CENTRE

## OWN YOUR EMOTIONS – EMOTIONAL SELF AWARENESS

– DR. (MRS.) MAVIS OSEI

(DEPARTMENT OF EDUCATIONAL INNOVATIONS IN  
SCIENCE AND TECHNOLOGY, KNUST)

Our ability to identify and understand our own emotions is Emotional Self-Awareness. Emotional Self-awareness allows us to better understand ourselves in terms of strengths and weaknesses and makes us accept ourselves which will consequently aid us in empathizing with others and appreciating them. Moreover, when we are aware that we are sad, angry or feeling burnt out, we can take steps to engage in healthy coping mechanisms like pleasurable activities to enhance our mental health.

### How to become emotionally aware of ourselves?

1. We need to engage in self-assessment in order to understand our abilities, recognize and accept our weaknesses, and get feedback from others in order to improve ourselves.
2. We should create a daily habit of self-reflection to deepen our understanding of ourselves, create a "me-time" and spend time in therapeutic activities like writing, art, music and gardening which increase our serotonin levels and decrease stress.
3. Our ability to recognize and understand which situations and or people trigger us to have certain emotional reactions by reflecting on expectations, beliefs and values are also essential.

Socrates once said "Man know thyself" and it is still true today, for "if you are tuned out of your own emotions, you will be poor at reading them in other people" (Daniel Goleman)

## THE NUTRITION CORNER

### HEALTHY EATING DURING CHRISTMAS

– MARINA AFERIBA TANDOH (PHD)  
(HUMAN NUTRITION AND DIETETICS, DEPT. OF  
BIOCHEMISTRY, KNUST)

#### Tips for cutting down on your fat intake this Christmas:

1. The skin on turkey, chicken or goose is where most of the fat is so remove before cooking and eating to reduce saturated fat and calories from your meat. Light meat has fewer calories than dark meat.

2. Deep fat fried foods absorb a lot of fat and should not be a preferred method of cooking.
3. Buy whole grain breads and rolls; they have more flavor and taste and do not require butter etc to taste good. The fiber in it is good for your health.
4. Use the cooking water from the vegetables to make the gravy, as this will contain some of the vitamins from the vegetables.
5. Serve a variety of vegetables, as different types provide different essential nutrients!
6. Do not be afraid to say 'No' to unhealthy options. Always remember that your health is in your hands!

## FINANCIAL WELLNESS

-PROF. AHMED AGYAPONG

(DEPT. OF MARKETING AND  
CORPORATE STRATEGY)

Whether you are facing financial difficulties or not, it's critical to keep your finances healthy to improve your financial wellness. Your overall wellness depends on several factors, including mental, physical and financial health. Financial wellness is essential because it improves your overall health and well-being. In addition, it allows you to reduce financial-related stress now and in the future.

### What is financial wellness?

Financial wellness is a state of being in which you can fully meet your current and future financial obligations while feeling secure in your financial future and making choices that allow you to enjoy life. Improving your financial wellness means improving your relationship with money.

## Understanding your financial well-being

National Financial Educators Council suggests asking yourself the following questions to understand your current financial well-being:

- Are you financially prepared for emergencies?
- Do you have active plans in place to reach your short-term and long-term financial goals?
- Do you have a budget, and do you stick to it?
- What is your attitude toward money like?
- Does thinking about money make you sick or sad or make you happy?

While you ponder on these questions, expect our next exciting edition on **"how to improve your financial wellness"**.

## THE WELLNESS WALK SECTION

On behalf of the Chairperson and members of the KNUST Wellness Committee, we wish management, staff and the student community together with their families a

*Merry Christmas and a  
Prosperous New Year.*

We pray for more strength in the year.