

MENTAL HEALTH AWARENESS MONTH

MAY 2020



Good mental health helps you enjoy life!
It promotes a feeling of well-being and inner strength!



Here are a few tips for improving your mental health:

- Talk about or express your feelings
- Exercise regularly
- Eat healthy meals
- Get enough sleep
- Spend time with friends and loved ones
- Develop new skills
- Relax and enjoy a hobby
- Set realistic goals
- Talk to your doctor or a health professional such as one of our EAP counselors

10 Things Mentally Strong People Do During a Pandemic

- ➡ They limit news and media exposure.
- ➡ They accept their feelings as normal.
- ➡ They carefully choose the leaders they follow.
- ➡ They limit social media and exposure.
- ➡ They display self-compassion for lack of productivity.
- ➡ They focus on facts.
- ➡ They meditate.
- ➡ They limit toxic people.
- ➡ They focus on self-care.
- ➡ They know their personality needs: introvert vs. extrovert.

Resource: <https://www.psychologytoday.com/us/blog/the-pulse-mental-health/202004/10-things-mentally-strong-people-do-during-pandemic?eml>

According to Womenshealth.gov, “Many things, such as trauma, stress, and sleep problems, can affect your mental health. You may not be able to prevent a mental health condition, but you can take steps to protect and support your mental health throughout your life.” They go on to say that, “Stress is a reaction to a change or a challenge. In the short term, stress can be helpful. It makes you more alert and gives you energy to get things done. But long-term stress can lead to serious health problems. ...Women are also more likely to have mental health conditions that are made worse by stress, such as depression or anxiety.”

<https://www.womenshealth.gov/mental-health/good-mental-health>

During this time of continued change and uncertainty, a certain amount of worry and anxiety is normal. However, if you feel that *any* mental health issue is keeping you from performing normal activities, you should consider calling us. We have counselors available for you to talk to.

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