

MAY IS MENTAL HEALTH AWARENESS MONTH

If you're thinking, "How does that relate to me?" Consider this: **There is no health without mental health.** Mental health is one of your greatest assets. It helps you focus at work, overcome obstacles, realize your potential, and get along with the people around you. All of which are even more essential during times of crisis.

5 THINGS YOU CAN DO FOR YOUR MENTAL WELLBEING:

1. **Value yourself:** treat yourself kindness and respect; as feelings arise, rather than avoid or judge them, recognize them for what they are in the context of your current situation; make time for your needs and interests.
2. **Limit your media exposure,** especially if you are prone to anxiety: check news from reliable sources only once or twice a day.
3. **Focus on what you can control:** washing your hands, social distancing, and wearing a mask are all important actions you can take to protect yourself; you can also control your mindset; rather than preoccupy yourself with worry over things outside your influence, conserve and channel that much-needed energy into healthy action—e.g., repeat an affirmation, take some deep breaths, seek opportunities to contribute time or resources to those in need, etc.
4. **Reach out to others:** social isolation can fuel depression; proactively checking in with friends and family to ask how they're doing can boost your own mental health as well as theirs; when we express love and support in a variety of ways, it can make confinement more bearable.
5. **Harness your supports:** if you find yourself struggling to preserve your mental health, seeking help is your best recourse and also a sign of strength—you are choosing to value yourself. Reach out—your loved ones, your clergy and/or your Employee Assistance Program are all good places to start.

Please be reminded that the Employee Assistance Program, **CCA@YourService**, offers you and your family free, confidential, 24/7 access to professional counseling for any issue that's on your mind, as well as provider location and referrals for everyday needs, including support groups, volunteer opportunities, health and wellness practitioners, and more.

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