

THERE IS NO HEALTH WITHOUT MENTAL HEALTH

Mental health is essential to everyone's overall health and wellbeing, and mental illnesses are both common and treatable. While 1 in 5 people will experience mental illness during their lifetime, everyone faces challenges in life that can impact their health. There are practical tools that everyone can use to improve mental health and increase resilience, regardless of the situations they are dealing with.

5 THINGS YOU CAN DO NOW FOR YOUR MENTAL WELLBEING:

- 1. Recognize your emotions and own your feelings:** Most people don't think about what emotions they are dealing with, but taking time to identify what you're really feeling and giving yourself permission to feel that way can help you understand what you're experiencing and better cope with challenging situations. "Bottling up feelings" gives them strength and makes you more likely to "explode" at some point in the future.
- 2. Work to find the positive even when facing adversity or loss:** At some point in our lives we will all experience loss. It may be the end of a relationship, the loss of a job, or the death of a loved one. It is natural to go through the grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who and what we've lost, we can help ourselves to recover mentally and emotionally.
- 3. 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 tough times more bearable.
- 4. Limit contact with those in your life who bring you down:** While it's important to make connections with people that enrich our lives, it's equally important to recognize when certain people and situations trigger us to feel bad or engage in destructive behaviors. Identifying toxic influences and taking steps to create a new life without them can improve mental and physical health over time.
- 5. Create healthy routines to take care of yourself:** When you stop to add up everything you do in the course of a given day, it's quite impressive...and often overwhelming. By creating routines, we can organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without thinking hard about them.



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.

PHONE: 800-833-8707

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