

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.

3 THINGS YOU CAN DO NOW FOR YOUR MENTAL WELLBEING:

- 1. Practice radical acceptance:** Change is a guaranteed part of life, but when change happens in big ways we aren't expecting, it can make navigating the path forward really difficult. Radical acceptance is about making peace with reality in situations that are beyond your control. This doesn't mean you approve of the situation or it isn't painful. However, by accepting what is, and what is beyond your control, you can turn your energy toward coping with the things you can. Try using coping statements like: *I can't change what has already happened. I can only control my own actions and reactions.*
- 2. Acknowledge and adapt after trauma:** When people think of trauma, it often applies to things like abuse, terrorism or natural disasters. Trauma can also be caused by events that overwhelm your capacity to cope, like isolation from peers or losing your job. To heal from trauma of any kind, the first step is to acknowledge what happened and how it impacted you. Be careful of falling into the trap of comparing your experience to others. Perspective is important, but everyone experiences trauma differently. If it hurt you, your experiences are valid. Give yourself compassion and time to heal. Talk to people you trust about the challenges you're facing and don't be ashamed to reach out for professional help.
- 3. Take time for yourself to reverse burnout:** If you are a caregiver, employee, a student, or are feeling overwhelmed with the responsibilities of everyday life, the idea of taking time for yourself may seem unimaginable. Yet, self-care is proven to reduce stress and anxiety levels and increase self-compassion. Take time to think about the things that make you happy or gratified. Start with small goals and incrementally build the self-care routine that makes the most sense for you, your schedule and your overall health. You may also need to have some tough conversations with people to set boundaries around your time and emotions.



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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