

Mental Wellness



Mental health is a key factor in overall wellbeing. People who struggle with stress, anxiety, depression, or a diagnosed mental health condition may feel the impact on their physical health too. These tips may help alleviate physical symptoms, improve your mood, and increase your mental wellness:

- ▶ **Acknowledge your condition.** If you have been diagnosed with depression or another mental health condition, address it as you would any other medical issue. Stay on the recommended check-up schedule and take medications as prescribed. Ignoring a mental health condition won't make it go away and could make it worse.
- ▶ **Make choices.** Setting priorities is a good way to improve mental wellness. Make a list of goals, and then break them into small, achievable steps. If you feel stuck, talk to someone who can give you an objective opinion on your best path forward.
- ▶ **Take action.** Avoiding problems may contribute to or worsen mental health concerns. Instead of ignoring the things you don't want to deal with, try facing them head on. If you're in an unhealthy relationship or a difficult situation, reach out to trusted friends or loved ones. LifeMatters is also available to help.
- ▶ **Seek balance.** If you've been burning the candle at both ends, making some adjustments may lead to better mental wellness. For instance, if you haven't been sleeping well, cutting back on caffeine or exercising more may improve your sleep cycle. Small sacrifices in one area of your life may lead to big improvements in others.
- ▶ **Find an outlet.** Look for activities that will help you manage your emotions and increase feelings of wellbeing. Exercise, a hobby, meditation practice, or writing in a journal are all good outlets. Some people find that repetitive activities such as doing dishes, knitting, or folding laundry are a helpful way to burn off stress.
- ▶ **Seek assistance.** Mental health, like physical health, has its ups and downs. The loss of a loved one, uncertainty about your future, or an overloaded schedule are just some of the many reasons why you might experience a rough patch. If you are in need of assistance, talk to your doctor or contact LifeMatters. Help is available 24/7/365.

Source: Krames Staywell, LLC

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