

Health Promotion in Motion

Mental health is a state of emotional well being that allows a person to relate to others, work, form relationships, and solve conflicts.

To support mental health get connected:

- To family and friends who can be supportive
- To your community to feel a sense of belonging and purpose
- To professional help to feel better if you are stressed and having trouble coping



Build Social Support

It is not easy to keep up with the demands of daily life. Stress can come from a heavy workload, dealing with an illness or injury, taking care of children or parents, having financial worries, relationship problems, or major life transitions like moving, retiring, or starting a family. Social support can help you get through stressful times by giving you a sense of belonging, worth, and security.

Connect with Family and Friends

Do you need to be more connected to others? Try these helpful tips to get started:

- Make a short list of friends and family members that are supportive and positive. Include people that live far away but you would like to keep in touch with.
- Make a promise to yourself to call, email, or get together with them. Try to reach out and make one connection per day, even if you can't commit to getting together with everyone, making the contact is important.
- Share what is on your mind honestly and openly. If you need someone to listen, say that, if you need help solving a problem, be direct. Your friends and family may help with solutions, ideas, or a good laugh! Make sure to tell them that you value their opinions too.
- When you talk to friends, make sure you listen too. Check in on your friends, listen to their worries, it may give you ideas about your situation.
- Make time for fun and getting together to keep friendships strong.

Stress Can Be Toxic to Your Body – Know the Signs

- Feeling angry, irritable or easily frustrated
- Rise in blood pressure, heartbeat, and cholesterol levels
- Change in eating habits, nausea, stomach pain, heartburn, weight gain, diarrhea, constipation and other digestive problems
- Problems concentrating, headaches, memory problems
- Feeling overwhelmed, not able to fight or recover from illness
- Feeling burned out from work, trouble functioning in your job or personal life



If you are having any of these symptoms, it is important that you take care of yourself. Try connecting to people close to you, getting enough sleep, and being physically active. These all help fight stress.

If you feel overwhelmed, unable to cope or that your stress is affecting your day-to-day ability to function, it could be depression or anxiety. Contact your health care provider or Employee Assistance Program and let them know how you are feeling.

Depression

Depression affects more people than any other mental health condition – more than 13 million Americans each year! Could it be affecting you?

What are the signs of depression?

- Persistent sad, anxious or “empty” mood
- Difficulty falling asleep, staying asleep or sleeping more than usual
- Reduced appetite and weight loss, or increased appetite and weight gain
- Feeling tired (fatigue) and loss of energy
- Lack of interest or enjoyment in activities or hobbies
- Restlessness, irritability (grouchy)
- Trouble concentrating at work, difficulty remembering things or making decisions
- Feeling guilty, hopeless, or worthless
- Thoughts of suicide or death

If you experience five or more of these symptoms for two weeks or longer, you may have depression. Contact your health care provider for treatment right away.

Stress and depression are health issues that can be treated. For more information contact the Employee Assistance Program at 1-800-852-3345 Ext. 4336 or 271-4336.

If you or someone you know are in crisis now, seek help immediately. Call 1-800-273-TALK (8255) to reach a 24-hour crisis center.