



TENDING TO OUR MENTAL HEALTH

**PRESENTED BY YOUR EMPLOYEE ASSISTANCE
AND WORKLIFE PROGRAMS**

May 14, 2025

OBJECTIVES

- Define mental health
- Outline mental health facts and risk factors
- Review common indicators
- Explore strategies for tending to our mental health
- Offer guidance on seeking help and supporting others

SECTION 1

MENTAL HEALTH

Definition, facts, risk factors, and
common indicators

WHAT IS MENTAL HEALTH?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.”

– Substance Abuse and Mental Health
Services Administration (SAMHSA)

**Mental health is important
at every life stage, from
childhood and adolescence
through adulthood.**



MENTAL HEALTH FACTS

Mental illness is:

Common and can affect anyone

Nearly one in five U.S. adults experiences a mental illness in a given year

Treatable

Many conditions can be managed with therapy, medication, lifestyle changes, or a combination

Not a sign of weakness

Results from a complex mix of genetics, brain chemistry, trauma, and environmental factors

**Half of all
mental health
disorders
appear before
age 14, and
75% begin
before age 24**

RISK FACTORS



Biology

- Genetics
- Brain chemistry
- Family history



Substance misuse



Life experiences

- Trauma
- Abuse
- Harassment
- Bereavement
- Divorce
- Health issues



Intense, persistent, unmanaged stress



Brain injury



Adverse socioeconomic conditions

- Housing
- Occupation
- Education
- Social involvement

COMMON INDICATORS

Over- or under-eating

Sleeping too much or too little

Lack of energy

Feeling numb

Aches, pains, and digestion issues

Substance misuse

Feelings of hopelessness, helplessness

Mood swings and outbursts

Hearing voices

Thoughts of harming oneself or others

Unable to perform activities of daily living

SUICIDE WARNING SIGNS



Thinking or talking about wanting to die

Looking up and researching ways of dying

Having an overwhelming feeling of no purpose, hopelessness, and sadness

Isolating and withdrawing from work, friends, family, etc.

Experiencing extreme daily mood swings

SECTION 2

TENDING TO OUR MENTAL HEALTH

BUILD AND MAINTAIN A SUPPORT SYSTEM



Surround yourself with supportive friends and family and stay connected to others

- Avoid isolating yourself
- Be selective with your inner circle
 - Set and uphold boundaries
 - Reduce or eliminate your exposure to toxic people and unhealthy relationships



Ask for help when you need it and accept help when it's offered



Volunteer to help others

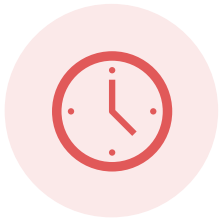
ESTABLISH AND ADHERE TO DAILY ROUTINES



Keep to a consistent meal schedule



Stay physically active



Block time for short breaks throughout the day



Stick to a set sleep schedule

FOCUS ON THE POSITIVE



Opt to be optimistic

Make a point to identify something good, helpful, or worthwhile, even in the most trying of times



Recognize and reset negative thoughts

– **Use your ABCs**

- Activating event
- Belief
- Consequences

– **Apply the 3Cs**

- Catch it
- Check it
- Change it!

BE PROACTIVE

- **Explore and practice resiliency techniques**
- **Give yourself grace**
 - Self-compassion is key
- **Engage in gratitude practices**
 - Keep a gratitude journal
 - Say thank you more often
 - Practice gratitude meditation
 - Send gratitude letters
- **Set realistic goals and define a plan for achieving them**
 - Take breaks
 - Celebrate small wins
 - Reset and try again if things get off course
- **Know your coping skills and use them every day**
 - Experiment with various practices
 - Keep a reference list of helpful strategies for when you begin to feel stressed



TIPS FOR SUPPORTING OTHERS



**Friends and family
play an important
role in the help
and treatment of
others**

- Be respectful
- Let them know you care and are willing to help
- Educate yourself and discuss facts with them
- Help them create and share a personal care plan
- Suggest resources and encourage professional help

SUMMARY



- **Mental health matters**
 - Affects how we think, feel, and act
- **Recognize signs**
 - Watch for changes in mood, behavior, or energy
- **Take care of yourself**
 - Stay connected, manage stress, and seek help when needed
- **Help others**
 - Listen, offer support, and encourage professional help
- **Use resources**
 - Access EAP, call 988, or explore apps and mental health websites

RESOURCES

Books

- **The Happiness Trap: How to Stop Struggling and Start Living**
 - Russ Harris, 2022
- **Feeling Good: Overcome Depression and Anxiety with Proven Techniques**
 - Dr. David D. Burns, 1999
- **Atomic Habits: An Easy and Proven Way to Build Good Habits and Break Bad Ones**
 - James Clear, 2020

Crisis Lifeline

- 988 Suicide & Crisis Lifeline
 - Call: 988
 - Text: HOME to 741741
 - Visit: 988lifeline.org

Online Articles

- SAMHSA
 - [Mental Health Facts](#)
 - [How to Talk About Mental Health](#)
 - [For Friends and Family](#)

Apps

- [Moodfit](#)
Mood tracking and mental health exercises
- [Headspace](#)
Mindfulness and guided meditation

THANK YOU



**Behavioral Health Services
Employee Assistance and WorkLife Programs**

24 HOURS A DAY

800-222-0364

foh4you.com



CERTIFICATE OF WEBINAR PARTICIPATION

is hereby granted to



for the completion of the following one-hour presentation offered by your Employee Assistance and WorkLife Programs

TENDING TO OUR MENTAL HEALTH

Date:

