



WORKWELLMAGAZINE

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Let's Talk About It

Approximately 1 in 5 adults in the U.S. (43.8 million) experiences mental illness in a given year, and yet it is still considered a taboo topic. Recently, mental health awareness started to gain traction around the globe and the media has begun producing TV series, books, and social me-dia campaigns to get the conversation started. In this newsletter you will learn the true meaning of mental health and tips for maintaining this important aspect of your wellbeing.

Understanding Mental Health

Mental health comprises your emotional, psychological, and social well-being. The way you think, feel, and act is influenced by your mental health, from handling stress to making everyday choices. Many factors contribute to mental health, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems



Anxiety: Coping Strategies

It's a feeling of pressure, intense worry, and uncertainty. When it comes to anxiety, it's the simple things that make such a big impact on your ability to cope.

1. Take it easy: yoga, meditation, and walks outside are a great way to use the power of movement and breathing to calm the mind.
2. Eat well-balanced meals: stay mindful of the foods used to fuel your body, including: fruits, veggies, whole grains (etc).
3. Focus on your breathing: take deep breaths. Inhale and exhale slowly.



On the Bright Side

A change of perspective may be what you need. Researchers are finding that positive thinking may have a beneficial impact on your health and life span. An important foundation in training the body to feel happy, calm and satisfied in the midst of a health crisis is to establish a sense of daily routine. Below are the eight skill sets that will influence positive emotions:

1. Recognize a positive event each day.
2. Savor that event and log it in a journal or tell someone about it.
3. Start a daily gratitude journal.
4. List a personal strength and note how you used it.
5. Set an attainable goal and note your progress.
6. Report a relatively minor stress and list ways to reappraise the event positively.
7. Recognize and practice small acts of kindness daily.
8. Practice mindfulness, focusing on the here and now rather than the past or future.



Yoga At Your Desk| <https://www.youtube.com/watch?v=tAUf7aajBWE&feature=youtu.be>

Awareness| Depression

322 million people, or about 4.4% of the global population, suffered from depression in 2015, according to the latest statistics from the World Health Organization (WHO). Depression was higher amongst women (5.1%) than men (3.6%). Below are some lifestyle tips for those dealing with depression.

- Get outside— Vitamin D will boost your mood
- Exercise regularly, even if it's just a short walk
- Talk to someone you trust about your feelings
- Stick to regular eating and sleeping habits



Coach's Corner| Mindfulness for Work Success

Meditation, which has many variations of practice, has long been acknowledged as a tool to master the mind and cope with stress. Science is increasingly validating those claims, especially for depression, schizophrenia, anxiety, PTSD (post-traumatic stress disorder), and ADHD (attention deficit hyperactivity disorder). Mindful breathing and relaxation are good for everyone; meditation can benefit those both with as well as without mental health conditions.



Tropical Smoothie Bowl

- 1 banana, sliced and frozen
- 1 c. frozen mango chunks
- 1 c. frozen pineapple chunks
- 1 c. almond milk

In blender, pulse banana, mango, and pineapple with almond milk until smooth but still thick, stopping and stirring occasionally. Add more liquid if needed. Pour into 2 bowls. Top as desired.

