



MAKE YOUR MENTAL HEALTH A PRIORITY

Mental Health is an essential part of your overall health and well-being.

Mental health includes your ability to function and be productive, to connect with others, and to navigate adversity and stress. Your mental health can impact your thoughts, feelings, and behaviors and it can be impacted by personal, social and societal factors and experiences.

It is also important to think about mental health in the context of culture and cultural identity. Our cultural identities (e.g. race/ethnicity, gender identity, age, sexual identity, religion, ability status, nationality, etc.) impact our beliefs, perceptions, and experiences – the way we see and interact in the world and the way the world sees and responds to us.

The very real experiences of discrimination, social injustice, and cultural bias can directly impact our mental health. On the other hand, having a strong connection to one's community, pride in one's cultural identities, feeling capable and equipped with different coping skills, and focusing on collective care can serve as protective factors that enhance our mental health.

Below are a few general ideas to keep in mind when thinking about mental health.

CHECK IN WITH YOURSELF

How are you feeling today? This simple act can increase self-awareness and provide an opportunity to stay on top of minor challenges before they become larger issues.



TRY NEW SKILLS

What about journaling or a gratitude practice? Try something new or refine skills you already have. The willingness to learn and grow is a hallmark of health and emotional maturity.



KEEP LEARNING

Learning more about mental health and different wellness strategies can help you become a self-advocate, identify available resources and provide support to others.



REACH OUT WHEN YOU NEED HELP

When a mental health challenge starts to affect your life, it's time to reach out for support. There is nothing wrong with asking for help. Talk to someone you trust, such as a friend, family member, counselor, or faith leader.





UNLOCKING YOUR WELLNESS

Identifying and understanding wellness strategies in these six areas is key to your overall mental health.



EMOTIONAL: This is about you and your feelings. It all starts here: How you're feeling can affect your happiness, your relationships, and your performance at work.

Ask yourself: *Do you acknowledge and successfully manage your feelings? Expanding your vocabulary to more accurately name your emotions is a helpful starting point.*



SOCIAL: This is about you and the people in your life. It's important to have a support network – to feel like you belong and are connected to others.

Give it a try: *There are many ways you can initiate connections with the important people in your life. Text an old friend out of the blue. Mail a card. Make a plan for this weekend with your friends or family.*



INTELLECTUAL: What are you interested in? What gets you excited to learn more? This is about finding activities that promote curiosity, learning, and creativity.

Ask yourself: *Are you curious and open to new experiences and adventures? Try something new. Take a cooking or yoga class, or explore a new park nearby.*



PHYSICAL: Just as healthy habits – eating well, sleeping well, exercising regularly – can affect your physical health, they can also affect your mental wellness.

Give it a try: *Find opportunities to move throughout your day. Take a 10-minute walk. Be intentional about stretching every hour. Try chair yoga!*



SPIRITUAL: This is about finding a sense of purpose in your life and developing meaningful connections. Some people find spiritual wellness in faith communities or volunteer activities.

Ask yourself: *What are your core values? How would you define your purpose? Identify the values that are most important to you. Think about the mark you want to leave on the world.*



PROFESSIONAL: It's important to gain satisfaction and financial stability from your work.

Give it a try: *It's important to set aside time for life outside work, too. Carve out time for your hobbies. Try journaling. Find time to read.*

FINDING SUPPORT

It's OK to ask for help when you need it – to find a therapist, try out a support group, or confide in a family member or friend. And if you or someone you know is facing a mental health crisis, you can call or text "988" to access support through the Suicide & Crisis Lifeline, available 24 hours a day, seven days a week in the U.S.

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