

# SAFETY SPOTLIGHT

## MENTAL HEALTH IN THE WORKPLACE

Mental health is an integral component of your overall health, encompassing your emotional, psychological, and social well-being. It can impact how you think, feel, and act. It also helps determine how you handle stress, relate to others, and make healthy choices.

Mental health disorders are among the most troublesome health concerns in the United States. According to the National Institute of Mental Health, nearly 1 in 5 US adults aged 18 or older (18.3% or 44.7 million people) reported any mental illness in 2016. In addition, 71% of adults reported at least one symptom of stress, such as headaches or feeling overwhelmed or anxious.



### Tips for employees for improving mental health:

- ❖ Utilize the Employee Assistance Program (EAP), if available. This confidential service is designed to help employees resolve personal and workplace challenges.
- ❖ Connect to the mental health care and resources available from your health care provider.
- ❖ Be open-minded about the experiences and feelings of colleagues. Respond with empathy, offer peer support, and encourage others to seek help when necessary.
- ❖ Eat healthy, well-balanced meals, exercise regularly (even short daily walks can have a positive impact!), and get 7 to 8 hours of sleep a night.
- ❖ Take part in activities that promote stress management and relaxation, such as yoga, meditation, mindfulness, painting, listening to music, or reading.
- ❖ Build and nurture real-life, face-to-face social connections. Reduce time spent on social media.
- ❖ Set and work toward personal, wellness, and work-related goals and ask for help when it is needed.
- ❖ Take the time to reflect on positive experiences and express happiness and gratitude.
- ❖ Participate in District-sponsored programs and activities to learn skills and get the support you need to improve your mental health.

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Helping to keep our member's employees safe! This Safety Spotlight brought to you by: